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DAY 5 OF OUR SPECIAL REPORT ON CAMPUS SEX ASSAULT
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Your essential daily news | WEEKEND, OCTOBER 7-10, 2016

High 24°C/Low 15°C Sunny

The right *stuffing*

Ottawa's top chefs dish on how to get the most out of your Thanksgiving feast
metroNEWS

Absinthe Café owner Patrick Garland is just one of the experts we talked to.
ADAM KVETON/FOR METRO

Clowning's no laughing matter

CREEPY PHENOMENON

Sightings at Ottawa schools prompt police warning

Haley Ritchie
Metro | Ottawa

The creepy clown phenomenon has spread to Ottawa, after police got reports of two sightings in Barrhaven and one school board sent home a warning letter to parents.

So far the sightings haven't crossed any criminal lines, says Const. Chuck Benoit — but that has come as little comfort to worried parents and children.

Ottawa's French Catholic school board notified parents on Wednesday of the clown "menace," pointing to a specific Instagram account called "Clowns of Ottawa."

"Basically, some students brought the online activity of a group to the attention of their school administration," said board spokesperson Marc Bertrand. "Although none of our board schools were mentioned, there were some concerning comments regarding some Ottawa high schools."

A parent from Adrienne Clarkson Elementary School in Nepean said the school sent out a notice about three teenage students wearing masks that frightened some younger students.

Rumours of creepy clown sightings have become a phenomenon across the country in recent weeks, with many reports of people dressed in scary clown costumes following kids.

Benoit said people shouldn't be scared but should call police to report suspicious behaviour.

uOttawa
Roya's journey
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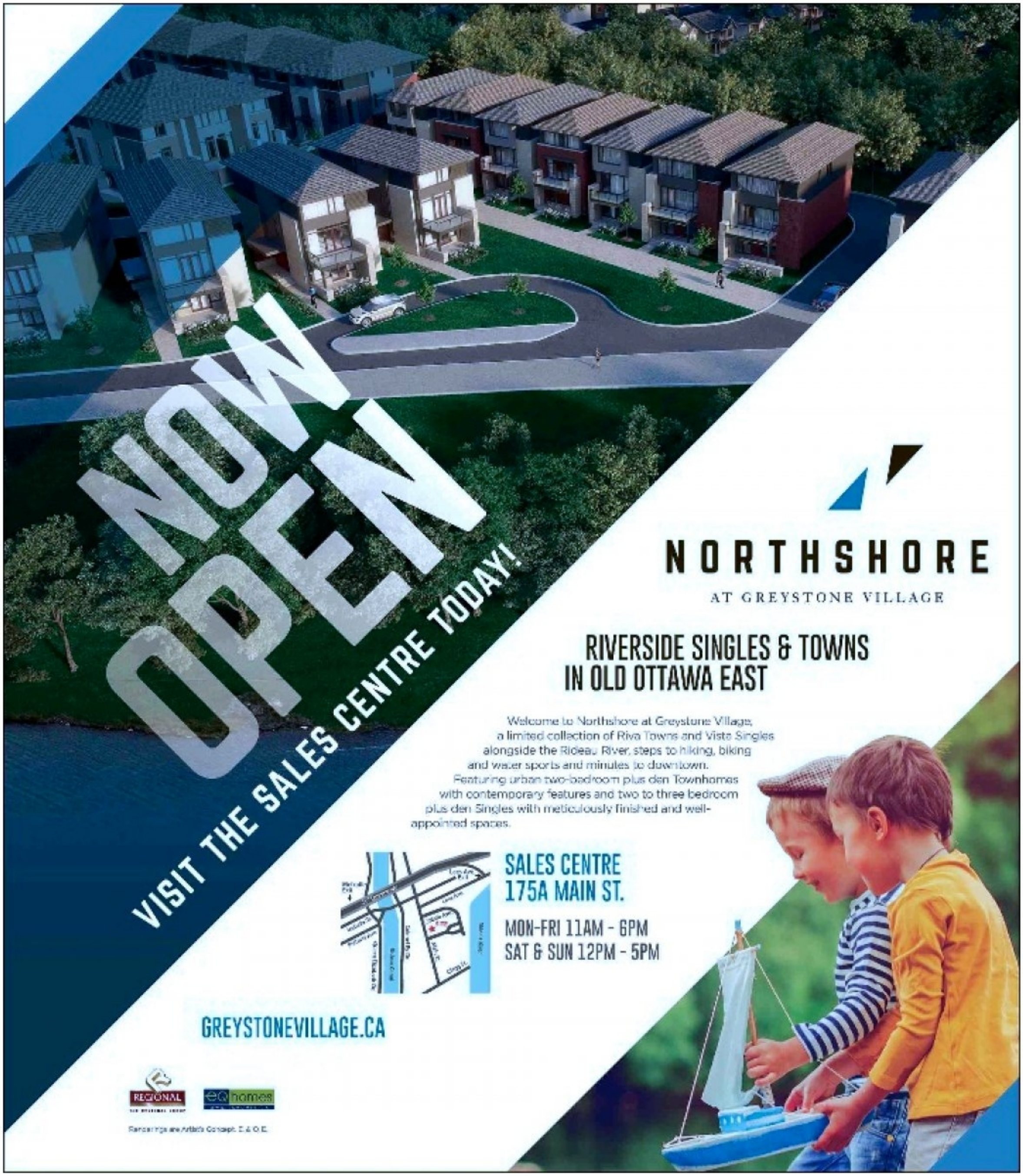
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Metro is back on Tuesday. Happy Thanksgiving!

metro NEWS

Your essential daily news

RCMP boss apologizes to current and former female officers subjected to harassment. **Canada**

Taking control of 'the talk'

HEALTH

Conversations with kids about sex should be ongoing: Expert

Emma Jackson
Metro | Ottawa

Four-year-old Cassidy has already begun his sex education — and he likely doesn't even know it.

"Because we've always just acted like its normal, and it is normal, he doesn't treat it like a big deal," said Beth Lawless, Cassidy's mom.

It's age-appropriate, of course. She makes a point of using anatomically-correct terms for male and female genitalia, rather than "cutesy names."

And when she was pregnant last year, she was as honest as she could be with a four-year-old about how the baby got in her belly.

"We didn't want to lie to him or pretend," she said.

Lawless is part of a growing group of families who discuss the birds and the bees — or at least issues of consent, body image and respect — from Day 1.

She said it's important to set an open tone and offer honest answers, so when her kids face real challenges later in childhood they'll feel comfortable coming to her for help.

"I would rather know that something is going on than hold on to this illusion of innocence," Lawless said.

The Barrhaven mom's approach is precisely what sex educator Sonya Barnett will preach to Ottawa parents this Friday as part of the Youth Services Bureau's Moms for Mental Health breakfast series.

"As soon as they're old enough to ask the question, they are old enough to get the answer," said Barnett. "It's not about sitting down when they're 10 and having 'the talk.' You should be having these conversations ongoing."

Her own son started asking questions around the age of four, she said, and since he was so young he wasn't squeamish or jaded about the answers.

Being open from the beginning creates a safe space for other tough conversations later, including mental health issues or problems with bullying.

"It helps build a strong, trusting relationship with your kid," she said. "If you've developed this relation with your child they can come to you."

Barnett recognizes that talking to kids about sex hasn't gotten any easier in the 21st century.

The Internet is full of misinformation, and the fact that most teens have smart phones means issues of privacy and consent are all the more relevant, Barnett said.

But, if they put their minds to it, parents can be the "first line of defence" to keep kids safe as they mature.

"Get over your discomfort," Barnett said. "I know it's difficult, but your teenager and their health is more important than your discomfort."

Sonya Barnett will be leading a sex-ed workshop today as part of the Youth Services Bureau's Moms for Mental Health breakfast series. COURTESY MAXWELL LANDER

TIP #1: SET AN OPEN TONE FROM THE GET-GO
Kids have questions, and they deserve honest answers — otherwise they won't come to you when it counts, Barnett says. Even if the question is uncomfortable, parents should do their best to answer it honestly, accurately and without judgment: "If you approach the question like they're asking why is the sky blue, it sets this tone that they can come to you with any question and they can expect an answer," Barnett said.

TIP #2: DON'T KNOW? DON'T WORRY
Kids say the darnedest things, and sometimes they'll ask a question you don't know the answer to. But resist the urge to shrug it off or make something up: "Even if you don't know, be open and say, 'You know what, let's look that up together," Barnett said.

TIP #3: STAY TRUE TO YOUR VALUES
Your cultural and religious values won't be jeopardized by providing medically accurate information to your child, Barnett argues. Besides, parents should be the "first defence" against inaccurate information-sharing on the playground — particularly the virtual playground of the Internet: "If you can instill your values but supplement with medically accurate information, that's a great encyclopedia to arm your kid with," she said.

Chef/owner of town. restaurant on Elgin Street, Marc Doiron, prepares some mushrooms before sharing a few Thanksgiving day cooking tips. ADAM KVETON / FOR METRO

Top chefs in city dish out Thanksgiving turkey tips

COOKING

Pair give their take on the bird, stuffing and potatoes

Adam Kveton
For Metro | Ottawa

With Thanksgiving approaching, home cooks across Ottawa are no doubt pulling out their family recipes in preparation for the turkey feast.

But, for those interested in taking their massive holiday meal to the next step, Metro spoke with two of Ottawa's top chefs to get their take on the bird, the stuffing, the potatoes and more.

We spoke with chef/owner of town. restaurant on Elgin Street, Marc Doiron. He mentioned using everything from the breasts to the bones of the turkey for an elevated meal.

We also met with Patrick Garland, chef/owner of Absinthe Café on Wellington Street West, who gave us a detailed account of how to bring your mashed potatoes to "flavour town."

But the word that came first from them both was "brine."

Keep that turkey moist

For avoiding a dry bird, Garland and Doiron suggested brining the turkey for up to 36 hours. A poultry brine contains water, aromatics, salt and sugar, said Doiron, so you won't be giving your turkey a pickled flavour.

Cut it up

After that, for those even more adventurous, separate the turkey into parts and cook them separately, since each part cooks at a different temperature. You lose the traditional presentation, but you're doubling up on moistness.

Flavourful spuds

Garland says go for Yukon Gold potatoes, cut them into three-inch chunks and put them in cold, salted water with a bay leaf to start. Cook on high for 10 minutes, skim off the scum on top and then poach until just done. Let them sit for five minutes then dry them in the oven. To get them really creamy, push them through a sieve and add an "ungodly" amount of butter. Then season to your taste.

Sweeter stuffing

Forget about the regular bread, said Doiron, and make some cornbread to put into your stuffing. For even more flavour, make a stock from the turkey bones, use some to moisten the stuffing and turn the rest into gravy.

Andrew Manion prepares some veg at town. restaurant on Elgin Street.
ADAM KVETON / FOR METRO

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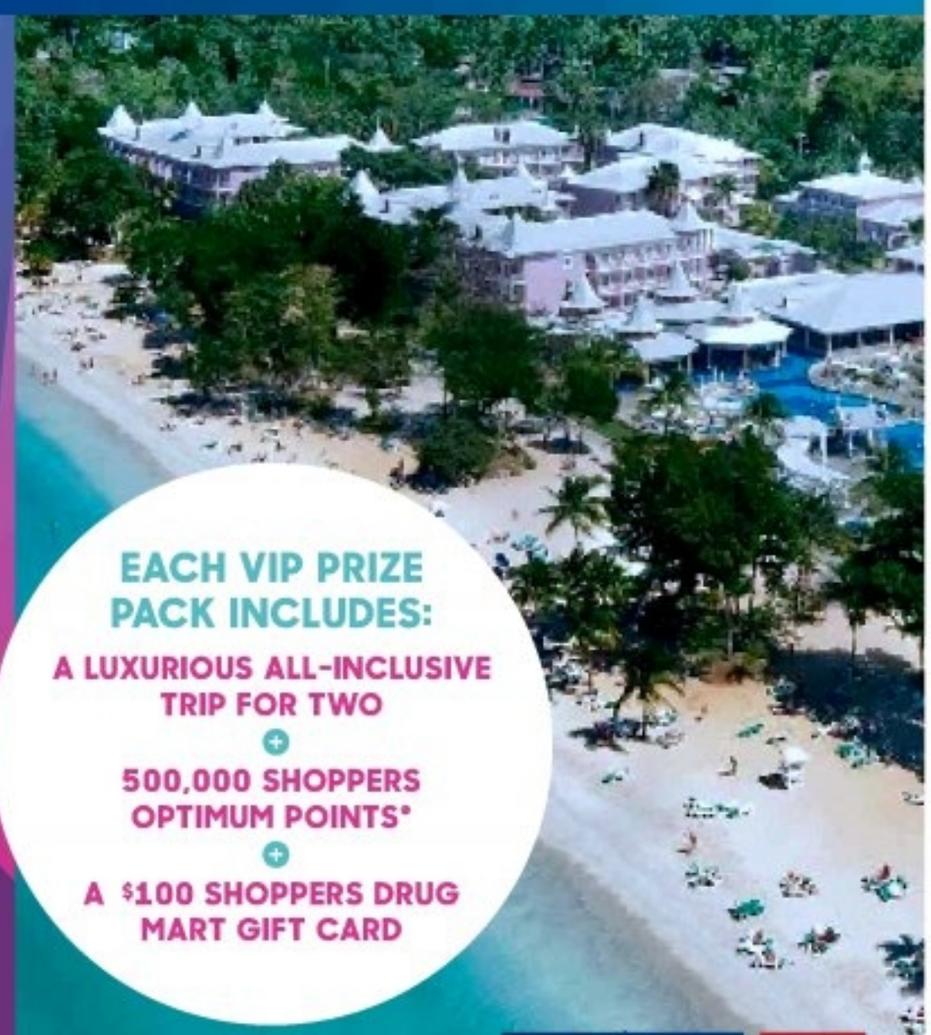

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OC TRANSPO

Bus driver posts dash-cam video to YouTube

Adam Kveton
For Metro | Ottawa

Ottawa residents have found plenty of reasons to bash OC Transpo over the years, but one driver is giving people a view from behind the wheel.

The driver — who didn't give his name because he's not sure OC Transpo would approve of the videos — began posting dash-cam footage to his YouTube channel — Channel Two — more than a year ago for fun.

"I thought, 'I do this every day. May as well make something to entertain myself with.'"

Most of the clips are time-lapses of particular routes. But recently he tried something different — a 13-minute compilation of bad drivers.

It's hard to spot the infractions in some clips, but others are blatantly obvious.

A car cuts off a bus in this screenshot of a YouTube video posted by an OC Transpo driver. YOUTUBE

His videos have so far garnered a few thousand views.

OC Transpo says it "does not support video recording or photographing by its employees while on duty."

"As such, the videos posted on this YouTube channel are neither produced nor authorized by the City of Ottawa," read an emailed statement attributed to Troy Charter, director of transit operations.

The driver's response:

"If they tell me to stop, I'll stop."

Artist Ryan Smeeton painted one mural under the Laurier Bridge and artists Snikr and Dodo painted another.

HALEY RITCHIE/METRO

Art under the bridge

CULTURE

Murals enliven downtown structure

Haley Ritchie
Metro | Ottawa

Two new Rideau Canal-themed murals have been painted on the concrete underside of the downtown Laurier Bridge.

The mural on the Queen Elizabeth Drive side of the bridge was a collaboration by artist Cassandra Dickie, who prefers to go by the artist name Snikr, and artist Dodo Ose, who goes by the artist name Dodo.

> **It was a beautiful canvas to paint, because of the bridge and the architecture.**
> Dodo

Part of the mural is black and white, depicting the history of labourers who built the canal, as well as local wildlife, including deer and a heron.

The coloured portions of the mural depict the present day, including reflections on the waterway and construction cranes.

"It was a beautiful canvas to paint, because of the bridge and the architecture," said Dodo.

For both murals, the City of Ottawa requested that the pieces involve the history of the canal.

From there the two artists reached out to people "high and low" to find out what the canal meant to residents.

The second mural along Colonel By Drive, painted by Ryan Smeeton, depicts the canal's present and past in bold blue.

The mural shows Colonel By holding official plans, a lock operator and a person paddling and skating.

"I love (mural painting), I'm really starting to embrace it," said Smeeton.

"It's really fun to work on a large scale. You can really get into big gestures and it's fun to step back be able to see your work.

"Interaction with people is another big deal, as I was painting this people would walk past all day long and talk to them."

TRAVEL

No more direct flights to Vegas from Ottawa

Direct flights from Ottawa to Vegas have gone bust.

WestJet spokesperson Lauren Stewart confirmed that the company made the changes as part of their winter schedule, which is tweaked based on supply and demand.

In this case, WestJet wasn't ready to gamble on the non-stop flights after a drop in demand due to the weak Canadian dollar, Stewart said.

Stewart said residents of the city flying to Las Vegas can still access convenient flight times that leave from Toronto twice daily during the winter.

"We appreciate and recognize that this is unfortunate news for the communities affected," she said. "We will continue to evaluate the situation and make changes as necessary."

HALEY RITCHIE/METRO

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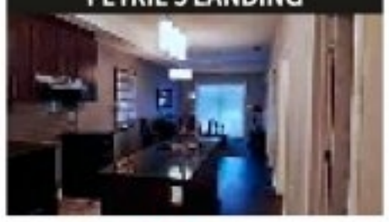

~~419 344$~~ **296 937$***

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PETRIE'S LANDING

~~424 552$~~ **300 866$***

CONDO AVENUE

Large luxurious open-concept condo offering a contemporary kitchen with full height kitchen cabinets, granite countertop and ceramic backsplash.

2 | 120-305 Prestige Circle

PETRIE'S LANDING

~~425 420$~~ **302 831$***

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PETRIE'S LANDING

CONDO AVENUE

Large luxurious open-concept condo offering a contemporary kitchen with full height kitchen cabinets, granite countertop and ceramic backsplash.

2 | 120-207 Prestige Circle

PETRIE'S LANDING

~~451 344$~~ **313 920$***

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Large luxurious open-concept condo with engineered hardwood flooring, high-end finishes and access to two elevators.

2 | 120-114 Prestige Circle

PETRIE'S LANDING

~~456 552$~~ **331 316$***

CONDO AVENUE

Large luxurious open-concept condo offering a contemporary kitchen with full height kitchen cabinets, granite countertop and ceramic backsplash.

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~~436 911$~~ **385 971$***

HARVARD

Beautiful single family home with plenty of windows, 9-foot smooth ceilings on the ground floor, high-end finishes and contemporary kitchen.

3 | 124 Francis St.

CARLETON CROSSING

~~438 104$~~ **386 595$***

HARVARD

Luxurious single family home featuring gas fireplace with decorative façade and stone surround and granite kitchen countertop with ceramic backsplash.

3 | 116 Francis St.

CARLETON CROSSING

~~456 379$~~ **398 970$***

HARVARD

Spacious single family home with granite in the entrance and hardwood flooring on the ground floor, on staircase and in the hallway on second floor.

3 | 111 Francis St.

CARLETON CROSSING

~~458 259$~~ **406 929$***

YALE

Prestigious 2,005 sq.ft. single family home with large open-concept and large master bedroom with private ensuite and walk-in closet.

3 | 119 Francis St.

CARLETON CROSSING

CARNEGIE

Spacious single family home with granite in the entrance and hardwood flooring on the ground floor, on staircase and in the hallway on second floor.

4 | 120 Francis St.

CARLETON CROSSING

~~476 154$~~ **428 539$***

CARNEGIE

Beautiful 2,209 sq.ft. single family home with plenty of windows, 9-foot smooth ceilings on the ground floor, high-end finishes and contemporary kitchen.

4 | 242 King St.

CARLETON CROSSING

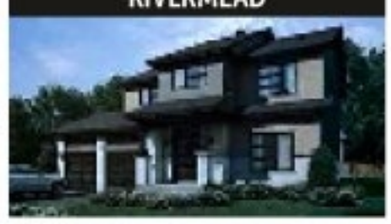
~~476 154$~~ **428 539$***

CARNEGIE

Luxurious 2,209 sq.ft. single family home featuring gas fireplace with decorative façade and stone surround and granite kitchen countertop with ceramic backsplash.

4 | 230 King St.

RIVERMEAD



~~749 864$~~ **599 850$***

BORDEAUX

Luxurious **furnished** 2,390 sq.ft. single family home on a 100 x 120 feet lot. Offers several large rooms including kitchen with quartz countertop.

4 | 63 rue Morley Walters

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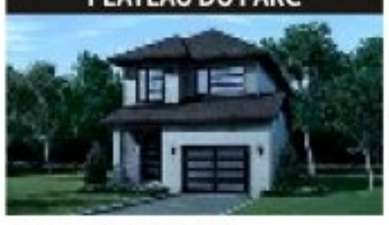


~~412 932$~~ **349 920$***

BOREAS

Wonderful contemporary single family home located on a private street, offers 9-foot smooth ceilings and high-end finishes.

3 | 8 rue Sirocco

PLATEAU DU PARC

ALIZÉ

Luxurious single family home just steps from Gatineau Park. Offers a kitchen quartz countertop as well as a fully sodded lot.

3 | 36 rue Sirocco

PLATEAU DU PARC

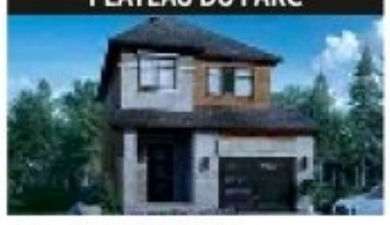
~~398 118$~~ **354 427$***

ALIZÉ

Lovely single family home located on a private street just steps from Gatineau Park. Offers hardwood floors and staircase, plenty of windows plus a large open area.

3 | 69 rue Sirocco

PLATEAU DU PARC



~~427 467$~~ **359 910$***

HERITAGE II

Spacious single family home just steps from Gatineau Park. Features a large bathroom with freestanding bath and glass-panelled shower.

3 | 49 rue Joran

PLATEAU DU PARC

~~445 281$~~ **376 020$***

ZEPHYR

Luxurious single family home just steps from Gatineau Park. Offers a kitchen quartz countertop as well as a fully sodded lot.

3 | 37 rue Sirocco

PLATEAU DU PARC

~~439 933$~~ **386 322$***

ZEPHYR

Beautiful single family home with plenty of windows and two-tone cabinets in the kitchen, quartz countertops and ceramic backsplash.

3 | 73 rue Sirocco

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CITY COUNCIL

Fee hike wallops snow plow operators

Emma Jackson
Metro | Ottawa

Ottawa's plow operators say they've been snowed under by a massive hike in the city's licensing fees.

Licence-renewal packages started arriving by mail Wednesday, outlining an increase of an additional $93 per company licence, plus an extra $3 per vehicle in each company's fleet.

"It was a bit of a shock for all of us," said Kent Peddie, who chairs the Ottawa Snow Contractors' Association.

He said no one was consulted before the licence fees were raised from $227 to $320 per year, a 29-per-cent increase. Each vehicle will now also cost $25 to licence, up from $22 last year, a hike of 12 per cent.

In real dollars, it's not much for most of the nearly 400 licensed contractors who make their living clearing private driveways and parking lots, Peddie said.

But it's a massive percentage increase for private businesses when city council has committed to an annual two-per-cent tax cap for everything else, he said.

"This is a tax of a different name," Peddie said.

Bylaw chief Roger Chapman said in an email the higher fees should offset the increasing cost of enforcement. He said the new fees were approved as part of the 2016 budget, and members of the public were free to comment on the changes as part of that process.

Plow operators got some heat last winter for dumping huge snow piles on city streets and sidewalks, something roads manager Luc Gagné called an "epidemic" at the time.

The transportation committee asked the province to allow the municipality to increase the dumping fine from $105 to $500 when plows are caught leaving messes behind for city crews to clean up.

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5 THINGS TO DO THIS WEEKEND

It's Thanksgiving — time to make some cider, carve some pumpkins and sample sausages. HALEY RITCHIE/METRO OTTAWA

1 Sausage Fest

Byward Market organizers promise this event is going to be "the wurst." From Oct. 3 to 16, participating restaurants and butchers in the market will be serving all kinds of special sausages from 11 a.m. until 3 p.m. Sausages and samples will be sold for $1. **All Weekend.**

2 Butterfly show

Carleton University's greenhouse butterfly show returns this week. Check out all of the colourful creatures for free each day Friday, Saturday and Sunday in the Nesbitt Biology Building from 9 a.m. to 4 p.m. **All Weekend.**

3 Agriculture Museum

There are lots of Thanksgiving-themed activities this weekend at the Food and Agriculture Museum, including pumpkin and apple trivia. Learn to make cider, mini baked donuts and three sisters soup. From Saturday to Monday activities are included in $10 adult admission and $7 kids admission from 9:30 a.m. to 4 p.m. **All weekend.**

4 Pumpkinferno

Pumpkinferno is kicking off this weekend at Upper Canada Village. Hundreds of intricately carved pumpkins await with themes like dragon lair, horoscopes, and even portraits of famous artists. You can see the pumpkins lit up every night this weekend from 7 p.m. to 10 p.m. Adult tickets are $14, children under five are free. **All Weekend.**

5 Saunders farm

Things have gotten spooky again at Saunders Farm. This year the fright night activities include a vintage carnival, a barn of terror, haunted hayride and a cemetery scare zone. Spooky sights will last until Oct. 31, but you might as well get into the Halloween mood early. **All Weekend.**

Mounties offer 'sincere apology'

SAFETY

Female officers' harassment lawsuits settled

RCMP Commissioner Bob Paulson has delivered an abject apology to hundreds of current and former female officers and employees who were subjected to bullying, discrimination and harassment dating back as long as four decades.

Paulson made the apology Thursday as he announced the settlement of two class-action lawsuits stemming from harassment that has cast a dark pall over the storied police force.

"To all the women, I stand humbly before you today and solemnly offer our sincere apology," an emotional Paulson said.

"You came to the RCMP wanting to personally contribute to your community and we failed you. We hurt you. For that, I am truly sorry."

Paulson said the settlement would provide financial compensation for the women and lead to resolution of potential class-action lawsuits brought forward by former RCMP members Janet Merlo and Linda Gillis Davidson.

The federal government has earmarked $100 million for payouts, but there is no cap on the overall compensation that could be awarded. The settlement is expected to cover hundreds of women who served in the national police force starting from Sept. 16, 1974. It also includes creation of a scholarship in honour of the RCMP's first female regular members as well as establishment of national and divisional advisory committees on gender, sexual orientation, harassment, equity and inclusivity.

THE CANADIAN PRESS

A store in North Bay, Ont. is selling T-shirts to raise money for Ken Pagan's legal defense. FACEBOOK

BLUE JAYS

Friends rally behind Ken Pagan

Liz Brown
Metro | Toronto

One of Ken Pagan's friends from his time as a sports editor at the North Bay Nugget is showing his support for the alleged beer tosser with a fundraising campaign for his legal defence.

Pagan has been charged with mischief in the Blue Jays beer can incident after he was identified as the man in the image released by the Toronto police.

Paul McLean, owner of the Skater's Edge Source for Sports in North Bay, is selling #FREEPAGZ T-shirts for $10, with half the proceeds promised for Pagan's legal fees.

"The man I know and his love for sports — specifically baseball — I just can't believe that's him and looking at the videos out there, it's pretty inconclusive," says McLean. "I've never known him to get drunk and make a bad a judgment call."

"It's a small thing we can do, but there's a lot of pressure against him, so if the town of North Bay can rally for him, we want to do that. We want the best for him," he said.

Metro has ID'd this man as Ken Pagan

If it turns out Pagan is the man behind the beer can toss, McLean said he would be "very disappointed" and donate the money to the North Bay Baseball Association instead.

The incident took place on Tuesday, when a can hurled from the stands narrowly missed Baltimore Orioles player Hyun Soo Kim.

Pagan identified himself Wednesday as the man in the police photo. He is to appear in court next month.

WITH FILES FROM THE CANADIAN PRESS

Immigration a necessity, report says

Ottawa will need to raise its annual immigration level by one-third to 407,000 by 2030 to sustain its economic growth amid an aging population, says a new report on Canada's demographic trends.

Currently, Canadians 65 and over account for 16 per cent of the total population, but the ratio is expected to rise to 24 per cent in the next two decades, according to the report by the Conference Board of Canada.

With a birth rate hovering around 1.55 children per woman and a longer life expectancy, researchers examined five scenarios of population targets between now and the year 2100.

"The aging of Canada's population will have a significant impact on Canada's potential economic growth. Weaker labour force growth will have a negative impact on household spending, while a more slowly expanding economy will engender less investment spending," warns the report. TORSTAR NEWS SERVICE

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Cayo Coco
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Pestana Cayo Coco Beach Resort 4★
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Sexual Assault on Campus: A Metro Special Focus Day 5: The way ahead

Solution right in front of us

Schools need to start treating sexual-assault survivors less as victims and more as experts

Rosemary Westwood
Metro | Toronto

Five days is nowhere near long enough to talk about campus sexual assault.

In our week-long series, Metro has attempted to frame this ongoing crisis in a new way, to articulate how campus sexual assault is a national issue — even international — and to point out the gaping holes in our national response.

But there were many aspects we did not get to cover. We did not investigate how racism and sexual violence intersect. We did not talk about how gender identity and sexual orientation impact violence, opting for a mostly heteronormative stance as a way into the problems.

We did not report on harassment and sexual violence experienced by professors and employees, a group often left out of the discussion; nor did we investigate the role of men and boys in finding solutions.

If colleges, universities and our communities at large are ever going to be made safe, all of these must be taken into account. Which means no simple solutions but plenty of opportunity for improvement.

For Farrah Khan, one overriding question is how to tackle campus assaults as part of the larger culture of sexual violence.

"We need a continual commitment from every level of government that sexual violence isn't tolerated in Canada," said Khan, the co-chair of the Ontario Provincial Roundtable on Violence Against Women and the inaugural co-ordinator of sexual-violence education and support at Toronto's Ryerson University.

Khan is particularly concerned with creating more accountable responses, across sectors and workplaces and communities. It's lacking almost everywhere you look: in the military, in the RCMP, in medicine and, of course, in post-secondary schools, which often lack any one person tasked with accountability and oversight, leading to a dangerous dilution of responsibly.

But Khan worries schools will respond to mounting public pressure and provincial legislation by moving to a criminal model for adjudicating complaints, despite its abysmal track record, both in encouraging women to come forward to police and testify in trials and in meting out punishment against assaulters.

Meanwhile, it's clear universities and colleges need to start treating survivors less as victims and more as experts. They know the schools' shortcomings better than anyone.

Join The Fight

Tell your story and pressure your MP using **#safercampusnow** and follow the series online at **metronews.ca**.

> "It's ridiculous that nobody's stepping up, so that's what we're doing."
>
> Paniz Khosroshahy, women's-studies major at McGill University and sexual-assault survivor

An encouraging step in this direction was Lucia Lorenzi's inclusion on UBC's Sexual Assault Panel. An alumna and sexual-assault survivor, Lorenzi has become a vocal activist.

"It doesn't send a good message when universities continue to have antagonistic relations with survivors instead of welcoming the critique and work they're doing," she said.

Indeed, when Metro asked five different schools if they specifically sought the input of survivors in their new sexual-assault polices, none had.

Lorenzi wants to see basic, across-the-board standards for sexual-assault policies at all post-secondary schools in Canada, elements that can be adapted to fit each campus — large or small, with or without residences, urban or rural. And, like Khan, she wants accountability.

"I think it can be a two-step thing," she said — an arm's-length, provincial oversight committee, which reviews campus policies and responses, and a federal level to "make sure policies aren't just approved by people serving the interests of the university."

Recurring asks from advocates

1. **Universal standards**
2. **Mandatory data collection**
3. **Independent oversight**
4. **Greater collaboration**

Lorenzi also criticized the draft policies released by many campuses in B.C. and Ontario this year, noting that no significant outside input from experts, students or survivors was sought.

Janet, a woman who spoke to Metro on condition of anonymity, wants to see administrators dismissed for not acting on complaints. She's an employee at an Ontario post-secondary institution, and four years ago, she said, she was sexually assaulted and harassed by two men, one of whom was and remains a colleague. Her school administration's response? Six weeks of inaction, and then this: "We're concerned you're too upset to work," she was told. "I got the threat," she said. "It was swept under the rug."

"Any incident needs to be reported to an independent third party," she said. "That gives accountability."

Janet was among many people who reached out to Metro this week, keen to talk, keen to help find solutions.

So it's not a question of public appetite for change, or action among grassroots groups. It's a question of leadership. Who is going to take a stand at a national level? Who is going to co-ordinate the vast amount of experience and expertise and input out there? Who is going to hold universities, colleges and other institutions to account?

Right now, the answer is no one.

About the series

Mon. | The power of five
The most organized Canada-wide effort to combat campus sexual assault comes from an unlikely crew of five young women.

Tues. | A federal vacuum
The problem is national, but solutions have been regional and parochial.

Wed. | The U.S. example
The U.S.'s laws and White House directives combine to create more rigorous requirements for schools.

Thurs. | Dearth of data
We don't know how big the problem is because no one is incentivized to find out.

Fri. | The way ahead
We have a problem; we need a plan.

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Ottawa metro

‘Not going to take any chances’

WEATHER

Millions flee their homes as hurricane gains traction

The first outer bands of rain from Hurricane Matthew pass over downtown Orlando, Fla., on Thursday evening. JOE BURBANK/ORLANDO SENTINEL VIA THE ASSOCIATED PRESS

Leaving more than 100 dead in its wake across the Caribbean, Hurricane Matthew steamed toward heavily populated Florida with terrifying winds of 225 km/h Thursday, and two million people across the Southeast were warned to flee inland.

It was the most powerful storm to threaten the U.S. Atlantic coast in more than a decade.

“The storm has already killed people. We should expect the same impact in Florida,” Gov. Rick Scott said as the skies began darkening from Matthew’s outer bands of rain.

The hurricane gained fury as it closed in, growing from a possibly devastating Category 3 storm to a potentially catastrophic Category 4 by late morning.

It was expected to scrape nearly the entire length of Florida’s Atlantic coast beginning Thursday evening. From there, forecasters said it would most likely push along the coast of Georgia and South Carolina before veering out to sea — perhaps even looping back toward Florida in the middle of next week as a tropical storm.

Millions of people in Florida, Georgia and South Carolina were told to evacuate their homes, and interstate highways were turned into one-way routes to speed the exodus. Florida alone accounted for roughly 1.5 million people.

Many boarded up their homes and businesses and left them to the mercy of the storm.

“We’re not going to take any chances on this one,” said Daniel Myras, who struggled to find enough plywood to protect his restaurant, the Cruisin Cafe, two blocks from the Daytona Beach boardwalk.

He added: “A lot of people here, they laugh, and say they’ve been through storms before and they’re not worried. But I think this is the one that’s going to give us a wake-up call.”

President Barack Obama declared a state of emergency for Florida and South Carolina, freeing up federal money and personnel to protect lives and property.

The Fort Lauderdale airport shut down, and the Orlando airport planned to do so as well. Airlines cancelled more than 2,800 flights Thursday and Friday, many of them in or out of Miami and Fort Lauderdale.

Amtrak suspended train service between Miami and New York, and cruise lines rerouted ships to avoid the storm, which in some cases will mean more days at sea.

Forecasters said Matthew’s fiercest winds appeared unlikely to strike Miami or Fort Lauderdale, the most densely populated areas in Florida, with about 4.4 million residents. Those cities were expected to get tropical storm-force winds of between 62 km/h and 117 km/h.

THE ASSOCIATED PRESS

THEME PARKS

- In Orlando, Walt Disney World, Universal Studios and SeaWorld announced they were closing early.

WOMEN’S RIGHTS

Poland says no to ban on abortion

Polish lawmakers voted overwhelmingly on Thursday to reject a proposal by an anti-abortion group that would have imposed a total ban on abortion, caving in to massive outrage by women who have been dressing in black and waging street protests across the country.

The mostly Catholic nation already has one of the most restrictive abortion laws in Europe, with abortion only allowed in rare cases — rape or incest, when the mother’s life is in danger or the fetus is badly damaged.

The proposal for further tightening the law came from a citizens’ initiative that gathered some 450,000 signatures in this nation of 38 million.

The proposal was highly unpopular with most Poles, with people balking at the idea that a teenage rape victim should be forced to have her baby, or that a woman whose health was badly compromised would be forced to carry to term.

The proposal had also called for prison terms of up to five years for women who sought abortions. THE ASSOCIATED PRESS

EUROPEAN PARLIAMENT

Fight breaks out within UKIP as one member hospitalized

A man resembling Steven Woolfe, apparently unconscious on a walkway inside the European parliament building in Strasbourg, France. AFP/GETTY IMAGES

Feuding in Britain’s fractious, right-wing U.K. Independence Party erupted into violence Thursday that left a member of the European Parliament hospitalized with a head injury after an “altercation” with a colleague.

Steven Woolfe — the front-runner to be UKIP’s next leader — suffered seizures and lost consciousness after clashing with another lawmaker Thursday morning during a meeting of party lawmakers at the legislative building in Strasbourg, France.

UKIP leader Nigel Farage said Woolfe was initially in a serious condition and “things were pretty bad.” But he said Thursday afternoon that Woolfe was “in a much better place than he was a few hours ago.”

Farage said he was launching an inquiry into the violence, which he said “shouldn’t have happened.” He declined to identify the other party member involved in what he termed “an altercation.”

According to media reports, Woolfe was punched during a fistfight with another lawmaker, hit his head and collapsed a little while later.

UKIP said Woolfe had two “epileptic-like fits” and lost consciousness. An image published by ITV News showed a man resembling Woolfe apparently unconscious on a walkway inside the building, just outside the parliament chamber.

Several hours later, Woolfe reported that he was conscious and recovering. He said in a statement that a CT scan had revealed he did not have a blood clot on the brain.

“I am feeling brighter, happier and smiling as ever,” he said.

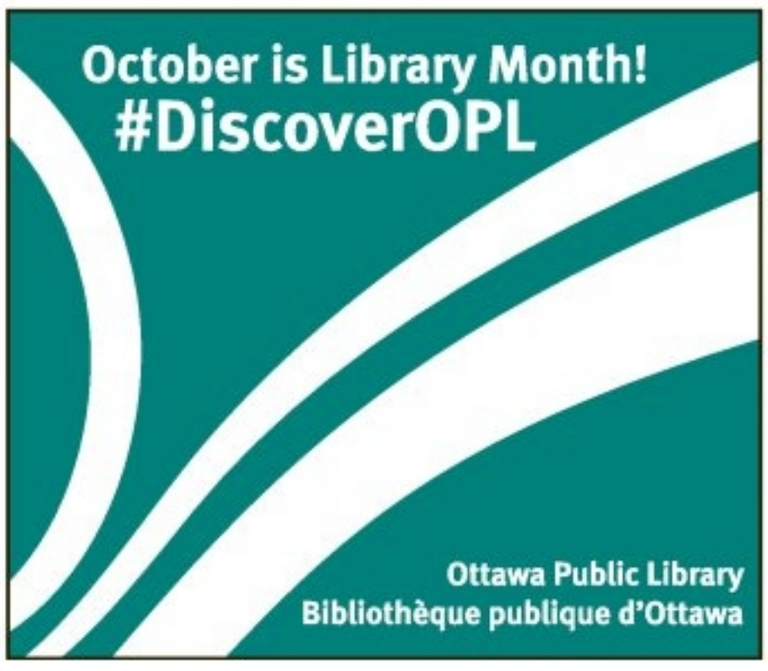
THE ASSOCIATED PRESS

IN BRIEF

UN has a new leader

Portugal’s former prime minister Antonio Guterres, who was formally nominated on Thursday to be the next UN secretary-general, said he faces “huge challenges” and hopes to see unity and consensus during his term. Security Council President Vitaly Churkin, Russia’s UN ambassador, said members approved a resolution by acclamation recommending Guterres for a five-year term.

THE ASSOCIATED PRESS



Dream home stays a dream

REAL ESTATE

New lending rules impact first-time buyers

Canada's first-time home buyers may have to shelve their dream house fantasies due to lending changes announced this week by the federal government, mortgage brokers say.

Ottawa moved this week to tighten mortgage lending rules that will limit the amount many Canadians can borrow to help ensure that when interest rates rise, they'll still be able to make their payments.

Mortgage broker Frank Napolitano says that means the size of mortgage many buyers will be able to qualify for will be less once the rules take effect on Oct. 17.

"First-time homebuyers will probably have to probably scale down the type of home that they may have planned to buy," said Napolitano, managing partner at Mortgage Brokers Ottawa.

Under the new rules, a stress test that had only applied to borrowers who opted for variable rate mortgages or fixed rate mortgages with terms less than five years will now be used for all home buyers with less than a 20 per cent down payment.

That means borrowers must be able to qualify for their mortgage using a higher interest rate than they will actually be paying on their mortgage.

The advertised special offer rates for a five-year fixed rate mortgage at Canada's big banks are around 2.5 per cent. However, the Bank of Canada-posted rate used in the stress test is 4.64 per cent based on the posted rate at the big banks.

"You're not paying more, but you're going to be able to buy less house," Napolitano said.

Napolitano used an example of a Canadian earning $70,000 a year with enough saved for a five per cent down payment, and carrying $500 a month in non-mortgage monthly debt payments such as a car loan.

Based on a five-year fixed-rate mortgage of 2.44 per cent, he estimated they could qualify for a loan that would allow them to buy a house worth about $370,000 under the old rules.

However, under the new stress test using 4.64 per cent, Napolitano estimated that same home buyer could only afford to buy a home worth about $280,000.

Jason Scott, a broker with the Mortgage Group in Edmonton, says many of his clients would not have qualified for their mortgages under the more stringent rules.

THE CANADIAN PRESS

First-time homebuyers will have to scale down the type of home that plan to buy under new lending rules announced this week, mortgage brokers say. THE CANADIAN PRESS

BY THE NUMBERS

$370,000

The amount a Canadian earning $70,000 could qualify for a loan based on 2.44 per cent interest.

$280,000

The amount a Canadian earning $70,000 could afford using 4.64 per cent under the new stress test.

IN BRIEF

Arctic leaders warming to national carbon tax

At least two territories , firmly opposed to any talk of a price on carbon just months ago now seem willing to listen to what Ottawa has to say. Bob McLeod of the Northwest Territories and Nunavut Premier Peter Taptuna sounded open-minded in statements and interviews Thursday. Yukon Premier Darrell Pasloski, however, remains dead set against the notion.

THE CANADIAN PRESS

market minute

DOLLAR
75.68¢ (–0.18¢)

TSX 14,595.50 (–15.08)

OIL $50.44 US (+61¢)

GOLD $1,253 US (–$15.60)

NATURAL GAS: $3.05 US (+1.0¢)
DOW JONES: 18,268.50 (–12.53)

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ECONOMY

Non-resource exports rebound uncertain, top bank's exec says

The Bank of Canada's senior deputy governor says there's still uncertainty around the long-hoped-for rebound of the country's crucial non-resource export sectors.

In a speech Thursday, Carolyn Wilkins said the future of these exports is not entirely predictable despite some encouraging signs in the numbers from July and August.

"Uncertainty lingers," Wilkins said in the address at the Universite du Quebec a Trois-Rivieres.

"This uncertainty comes in part due to the future growth prospects for investment in the United States. It is also possible that the effect of lower oil prices on the American economy is not as positive as anticipated."

The Bank of Canada has been waiting for the country's non-commodity exports to rebound ever since the collapse of oil prices and the dollar's slide a couple of years ago. Many are banking on the sector's eventual pickup to help lift the stubbornly sluggish economy.

Wilkins noted that while the central bank has seen "a clear upward trend" in non-commodity exports over the last six years, the weaker dollar's influence on their growth rate has mostly faded.

She recalled Thursday how Canada's non-resource exports underperformed in the second quarter of 2016, which was partly due to a period of weaker-than-anticipated growth and investment for the country's most-important trading partner: the U.S.

Canada, she added, also continues to face stiff competition from other countries like Mexico, where she noted the currency fell further than the loonie.

"It will take time to fully determine which factors affecting exports are temporary and which ones are permanent," Wilkins said.

She did, however, say that Canada has seen improvements in its services sector, which accounts for about 70 per cent of the country's economy and 80 per cent of its jobs. Wilkins said that some high-value-added sectors have "grown quite nicely," including cultural and air transportation industries.

Still, TD economist Brian DePratto wrote in a research note to clients Thursday that the speech suggests the Bank of Canada is maintaining a "more cautious view of Canadian export performance (and by extension the overall economic adjustment process)."

THE CANADIAN PRESS

Bank of Canada deputy governor Carolyn Wilkins says Canada's non-resource exports underperformed in the second quarter. THE CANADIAN PRESS

$100 billion

Worth of services that Canada exports — about one dollar out of every six from total exports.

metro SCIENCE

Your essential daily news

A study of animal videos on YouTube (really), researchers found that the bigger a creature's brain is, the longer they tend to yawn.

DECODED by Genna Buck and Andrés Plana

THE PHYSICS OF BEER-CAN CHUCKING

The Toronto beer-can tosser is notorious by now, but there's disagreement about just how serious this crime could have been if a person's body was in the beer can's path. What affects a projectile's path, and the speed with which it hits the ground? Here are the basics — and yes, assuming the can was full, **it landed fast enough to hurt somebody.**

CITIZEN SCIENTIST by Genna Buck

The depressing reality of birth control

A study of a million Danish women showed hormonal birth control is linked to depression. What? Why? — Lauren, Calgary

This was a long-term study and the results were clear and troubling: Users of hormonal contraceptives (patch, pill, shot, ring, hormonal IUD) had a higher risk of depression than non-users.

The connection makes sense given how female hormones affect the neurotransmitters t hat control mood, said Gail Robinson, who teaches psychiatry and obstetrics/gynecology at the University of Toronto.

This finding has spurred a lot of justified freaking out and finger-pointing, such as from the Guardian's Holly Grigg-Spall: "No study will ever be good enough for the medical community to take women's experiences seriously."

It's true the depression-birth control link hasn't gained widespread publicity or credibility until now. And, subjectively, that's a bit lame for a 56-year-old drug.

But there are a few qualifiers to keep in mind. First, the increase in relative risk was not huge: Women using the combination birth control pill were 1.23 times more likely to need antidepressants than non-users; for those on the levonorgestrel IUD (i.e. Mirena), it was 1.4 times.

Secondly, it's tempting to stuff new information into existing belief systems, but I think we should be cautious. In other words, there's lots of sexism in the medical world (and every world), but it doesn't automatically mean sexism is why individual doctors still prescribe the pill or why we don't have a male equivalent.

Non-hormonal methods (surgery, copper IUD) aren't for all of us, and women aren't fully in control of condoms or withdrawal.

"Postpartum is when women are most likely to develop ... depression," Dr. Robinson said. "Women who cannot control their chances of getting pregnant may risk having too many children close together or at difficult times in their lives, when they can't cope."

Science Question? Tweet @genna_buck

FINDINGS
Your week in science

KEVIN GILL/FLICKR

SEA SATURN'S MOON
Dione, one of Saturn's seven moons, has an icy ocean world under its crust, according to data from NASA's Cassini spacecraft. Scientists think it's been there almost since the moon was formed, increasing the odds there's microscopic life under there.

PRIMORDIAL PROTEINS
Swiss researchers trying to reproduce the conditions on Earth 4 billion years ago mixed simple amino acids with volcanic gas and made complex, self-reproducing proteins called amyloids — precursors to life on earth.

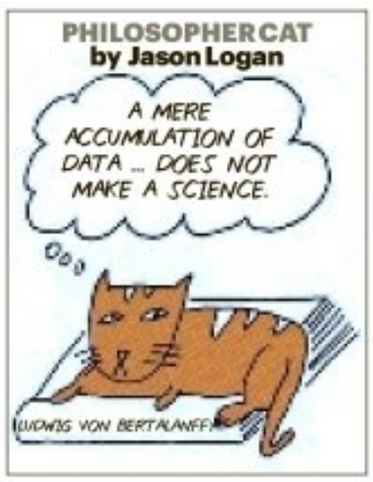
SOUND SMART

BACKGROUND RATE

DEFINITION
In biomedical science, the **background rate** is the rate an event (like a disease) normally occurs in a population — in the absence of the hazard or risk factor you're studying.

USE IT IN A SENTENCE
Four babies have been born with birth defects in our neighbourhood in the past year, but that doesn't necessarily mean anything. There have been more than 100 new babies in total, and the **background rate** of birth defects is about three per cent of all births.

PHILOSOPHERCAT
by Jason Logan



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metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

Emily Blunt says playing an alcoholic divorcée in the recently-released The Girl on the Train was "the most challenging thing I've ever done." CONTRIBUTED

Bring on the Blunt-force drama

IN FOCUS

The Girl on the Train actress consistently steals the show

Richard Crouse
For Metro Canada

The first time most of us noticed Emily Blunt she was "on-the-edge of sickness thin." To play Emily Chalton, the prickly first assistant to the editor in The Devil Wears Prada, Blunt dropped pounds from her already slight frame.

"It wasn't like doughnuts were snatched out of my hand," laughs the 5' 7½" actress, but she was encouraged to slim down. So much so she would occasionally cry from hunger during the shoot. Luckily, though rake thin, she still had the energy to steal the movie from her more seasoned co-stars, Meryl Streep and Stanley Tucci.

Although the character fell directly into the love-to-hate-her category, audiences found Blunt irresistible. Her mix of vulnerability and fork-tongued charm earned the title Best Female Scene-Stealer from Entertainment Weekly and nominations for everything from a Teen Choice Award to a Golden Globe.

This weekend she plays a much different character in the much-anticipated thriller The Girl on the Train. Based on the Paula Hawkins bestseller — 11 million copies sold and counting — it's a dark cinematic journey into a missing person's case. The 33-year-old actress says playing an alcoholic divorcée who witnesses a crime from a train window, "the most challenging thing I've ever done."

Early reviews are strong. Variety raved she "excels as the broken-down heroine." Those kind of kudos are an echo of her much-admired, though lesser seen work, in the U.K.

MOVIE RATINGS by Richard Crouse

The Girl on the Train	★★
Denial	★★★★
The Birth of a Nation	★★★
Two Lovers and a Bear	★★★★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

We've also seen her as an oversexed young women opposite Tom Hanks in Charlie Wilson's War, warbling Stephen Sondheim's rich Into the Woods score, riding a polar bear in The Huntsman: Winter's War and dressed as Princess Diana in the quirky rom-com Five-Year Engagement.

She's done action in both Sicario and Edge of Tomorrow (later renamed Live. Die. Repeat. for home release). Big budget blockbusters don't usually make room for female characters unless they are sidekicks or girlfriends. In Edge of Tomorrow, Blunt avoids being objectified and is as strong, if not stronger than co-star Tom Cruise.

In Sicario she's part of an elite task force stemming the flow of drugs between Mexico and the U.S. A multi-farious mix of vulnerability, stone cold confidence and outrage, she delivered the most interesting female action star since Mad Max: Fury Road's Imperator Furiosa.

Next up her diverse career is the lead in Mary Poppins Returns. She says she's nervous because the flying nanny is "such an important character in people's childhood," but has been given the thumbs up by the original Mary, Julie Andrews. "It was lovely to get her stamp of approval. That took the edge off it, for sure."

THE 13TH

Doc links slavery to mass imprisonment

Ava DuVernay's documentary The 13th, on mass incarceration and its deep, historical roots in America, has been welling up in her a long time.

The film, which DuVernay secretly worked on the last few years, is her third major work to deal with the subject. Her second feature, Middle of Nowhere, is about a woman coping with her husband's imprisonment. Her recently debuted OWN series, Queen Sugar, features a character six months out of jail. But DuVernay traces the film's origin back further, to when she was a child in Compton.

"Even as a little girl, I'd always tell my mom two things," DuVernay said in a recent interview. "Sometimes we'd pass by a place around the neighbourhood and I'd say, 'If I'm ever homeless, I'm going to put my sleeping bag and shopping cart there,' like under the freeway pass. And I'd say if I ever go to jail, I'm going to try to bring this one thing.

"I saw homeless people and I saw people going to jail," she says. "So it's always been on my mind."

DuVernay's feature film follow-up to her acclaimed, Oscar-nominated (and famously Oscar-snubbed) civil-rights epic Selma isn't an awards-friendly period drama or some other predictable next step but a powerfully holistic documentary about race and imprisonment.

Debuting in theatres and via Netflix on Friday, The 13th takes its name from the amendment that abolished slavery "except as a punishment for crime." In the film, criminalization — from Reconstruction-era to modern-day police brutality — is subjugation by other means.

Mass incarceration (the U.S. makes up 25 per cent of the world's prisoners despite being five per cent of its population) has emerged as a rare bipartisan issue in recent years. But The 13th, the first documentary to ever open the New York Film Festival, seeks to put the problem in a broader social and racial context that dates back to slavery.

"There are some real clear-cut, widely known, academically vetted cultural seeds that were planted way back that are blossoming now," DuVernay says. "We can no longer say that prison is a place bad people go because it's much more complicated than that."

THE ASSOCIATED PRESS

Ava Duvernay, left, and Angela Davis during the filming of The 13th. NETFLIX

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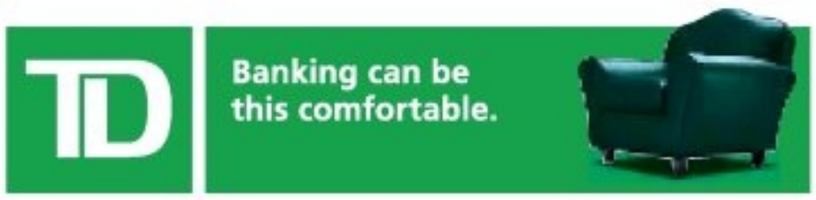


[1] Based on a comparison of 2015 Aeroplan Flight Reward bookings against actual market base fares and leading financial institutions' travel rewards programs' terms and conditions. [2] Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan *Visa Infinite* Card Account ("Account") only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between September 3, 2016, and December 2, 2016; and (b) make $1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles you must also (a) Add an Authorized User between September 3, 2016, and December 2, 2016; (b) Authorized User must call and activate their Card by January 16, 2017, and (c) your Account must be in good standing at the time this 5,000 Bonus Aeroplan Miles is awarded. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan Member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. All trade-marks are property of their respective owners. ® The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. ® The Aeroplan logo and Aeroplan are registered trade-marks of Aimia Canada Inc. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Bear witness to this icy, tainted love tale

FILM

Kim Nguyen's latest is surreal and covers several genres

Richard Crouse
For Metro Canada

The story of two star-crossed lovers on the run from bad memories is at the heart of Two Lovers and a Bear, a new Arctic-set film from Rebelle director Kim Nguyen.

Counselling the couple is a talking polar bear, a philosophical addition to a movie that is part romance, part thriller and all icy cold isolation.

Montreal native Nguyen says the script for the film evolved over time, but many of the elements, including the talking bear came to him on a stopover at the Amsterdam airport.

"I was reading Kafka on the Shore by Haruki Murakami," he says. "There are weird gods in the book, kind of like imperfect Greek gods with flaws. It dawned on me that I should have something like an imperfect, flawed deity in the film."

At the same time he noticed the airport's giant brass teddy bears and voilà, the idea of an advice-giving polar bear was born.

The bear, played by a real polar bear named Agee and voiced by acting legend Gordon Pinsent, is the most fanciful part of a film that sees Lucy and Roman, played by recent Emmy winner Tatiana Maslany and Dane DeHaan, embark on a physical and metaphysical journey to confront their troubled, violent pasts.

"I've seen a lot of people like that," Nguyen says of the people he met in Nunavut, "(people) who just can't connect with an organized, dense, compact society. They have to go up North and that's why you meet very interesting, unique characters up there. Often it is the people who don't cope with societal norms."

Nguyen's unpredictable story intensifies with every twist, finding depth as the volatile Lucy and Roman explore the vast white expanse of their home and their innermost fears.

The lead actors have some heavy lifting to do to navigate the film's many shifts from comedy, to psychological drama and isolationist horror.

To survive the inhospitable cold of their home both must be strong willed characters but both also wear their fragility on their parka sleeves. As such, Maslany and DeHaan are perfectly cast.

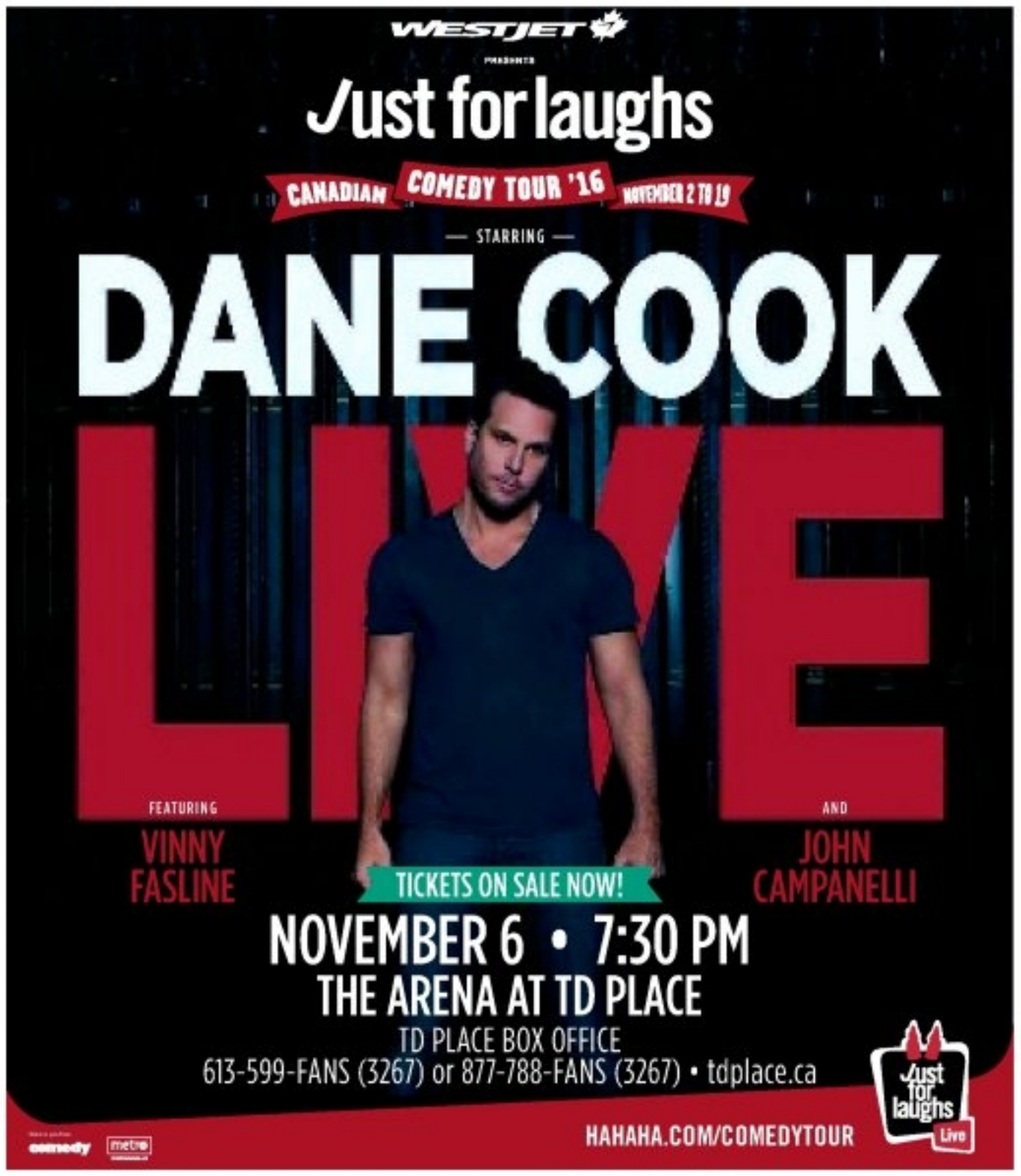
"We met a lot of people," says Nguyen. "At the beginning it wasn't defined exactly who Lucy was going to be; where she would come from. We wanted to keep it open with the casting. Tatiana came a little later on. We didn't even think about her. Coming off of Orphan Black the casting director said, 'Why don't we try her? She's versatile. She has range.' She was gracious enough to do a screen test. She blew us away. She was totally way up there in the truthfulness and the authenticity. She is really someone who is able to connect. Kind of like Dane.

"I discovered Dane when I saw Place Beyond the Pines. When I saw that, I was certain that Dane wasn't a trained actor. He was so authentic I assumed he was this guy who had this one role in him. Then I learned he was a trained actor and was really impressed by his performance."

The six-week Nunavut shoot was gruelling for all, requiring physical stamina and a trait Nguyen calls "one of the biggest, most important qualities"— fearlessness.

"Dane and Tatiana have that," says the director. "They dive in and they are not analyzing their performance as they're playing it."

Kim Nguyen, right, director of Two Lovers and a Bear, and a still of the polar bear Agee (voiced by Gordon Pinsent) from the film. CONTRIBUTED



"It's fun being you," says actor Rachel Weisz to Deborah E. Lipstadt, both pictured on the set of Denial. Weisz filmed the outspoken historian on her iPhone to capture her personal history, mannerisms and attitude. CONTRIBUTED

Bad publicity for Holocaust deniers

LEGAL BIOPIC

Rachel Weisz plays British historian in Denial

Richard Crouse
For Metro Canada

"I can't understand why people don't always say what they are thinking," says Emory University professor Deborah E. Lipstadt. "I'm missing a certain filter. I say what I think."

Lipstadt, a specialist in modern Jewish history, emerged into public life from academia as the subject of a 1996 lawsuit brought against her by self-taught British historian and Holocaust denier David Irving. Irving, upset she singled him out in a book as a less-than-reputable historian, launched a libel lawsuit claiming Lipstadt and her publisher were part of a worldwide conspiracy to rob him of his livelihood.

Donations from benefactors like Steven Spielberg paid for the gruelling eight-week, £3,000,000 trial which boiled down to one main question: Is Irving a liar and a falsifier of history or simply a historian who sees things from Hitler's point of view? The stakes were high; if Irving won, his account of history would be given credence.

The sensational court case is chronicled in Denial, a new film starring Rachel Weisz as the outspoken academic.

"In the story of this trial and this case, a lot of very good people said to me, 'Don't do it,'" Lipstadt says. "A lot of people didn't want me to do it because they thought I'd be giving him publicity. How do you fight bad people without building them up and giving them a billion dollars of free publicity?"

But the publicity helped expose Irving and other deniers, says Weisz.

"I think the more people who know that the better. Most people don't know who David Irving is. He has his core group of followers and they're going to be very happy about this publicity. Or not. I don't know how they're going to feel about this, but it is more important that people should know about it. And nobody does. It doesn't really bother me that he's getting publicity. It's not good publicity."

"I think Rachel is right," says Lipstadt. "It's a balance. I knew fighting him would give him publicity but it would serve a purpose."

The British actress says capturing Lipstadt's essence — from the heavy Queens accent to her personal boldness —was "a beautiful, delicious challenge."

"Deborah came and hung out with me in New York," says Weisz, "sat in my kitchen for two days straight. I filmed her on my iPhone so I would be able to look back at it. Deborah told me stories about her childhood, her parents and about the trial. It was just being able to be near her and soak up her spirit and attitude and find the places were we intersect as people. There are some (people) when you find that you think, 'I could be this person if my life had gone differently.' It became imaginable to me then that I could be Deborah had my life gone that way."

Lipstadt describes watching Weisz's performance as "an out-of-body experience," adding that her friend, legal eagle Alan Dershowitz wrote her a note, saying, "She catches your accent but even more she captured your attitude."

"It's fun being you," says Weisz. "I enjoyed it. You get to say what you think. I like it, it's very healthy. Get it out."

An uncomfortable yet urgent watch

HISTORY

Film honours the memory of a 19th-century slave rebellion

Peter Howell
Torstar News Service

I am 36 years old right now. My faith is very important to me, so looking back through that lens, it's not the lens I had when I was 19 years old. Filmmaker Nate Parker

Nate Parker, centre, as Nat Turner, who is transformed from a docile slave into a righteous rebel and free man in The Birth of a Nation. JAHI CHIKWENDIU/HANDOUT

Can we forget the past even while being summoned to remember it?

That's the conundrum of The Birth of a Nation, Nate Parker's provocative drama of America's bloodiest slave rebellion, which the actor and filmmaker directed, co-wrote and stars in, and which sold for a record $17.5 million (U.S.) following its ecstatic Sundance premiere. Parker wants the world to recall a man and a story ill-served by history books: Nat Turner, an American-born slave turned Baptist preacher, who led an 1831 Virginia uprising that left 60 slave owners and 200 slaves dead through violent confrontation and retribution. It's a message and memory the film capably and viscerally honours.

Yet the first-time filmmaker doesn't want any rekindling of the collective conscience regarding his own disturbing past. In 1999, Parker and his Penn State University roommate Jean Celestin (later his screenplay co-writer) were charged with raping an intoxicated and unconscious fellow student.

Parker was acquitted at trial and Celestin was convicted (it was overturned on appeal), but the complainant, who was then 18 years old, always felt she'd been denied justice. She committed suicide at age 30 in 2012.

The rape allegation has stuck to Parker and The Birth of a Nation since the 1999 story broke wide in late August. Parker hasn't helped his situation or that of his movie by steadfastly refusing to apologize for his actions, which he puts down to youthful indiscretion and false accusation.

He and Celestin have also made rape a central part of The Birth of a Nation, as Parker's Turner is galvanized to lead the anti-slavery rebellion after his wife (Aja Naomi King) is sexually assaulted by slave owners led by a vile redneck (Jackie Earle Haley). Another rape — both happen off-camera — involves a character played by Gabrielle Union.

The Birth of a Nation is a film for alert minds, even those that can't — and shouldn't — forget the past and present behaviour of its maker. Parker commands the frame as Turner, taught as a child to read the Bible by a kindly matriarch (Penelope Ann Miller), who put humanity slightly ahead of human ownership.

Young Nate grew up almost as a member of her family, befriending the woman's son Samuel (played by Armie Hammer as an adult) while still being obliged to work as an indentured field hand.

Nate discovers he has oratorical skills to complement his literacy and Bible knowledge. Samuel starts hiring him out as an itinerant preacher to neighbouring slave owners, who hope his hellfire-and-damnation speeches will quell rumbles of rebellion. The opposite occurs, once Nate is fully apprised of the horrors visited upon his fellow slaves.

The film bears obvious comparisons to 12 Years a Slave. But The Birth of a Nation is an even rougher and more intense experience than its Oscar-winning predecessor. One scene depicts the force-feeding of a slave on a hunger strike, who first has his teeth knocked out by a hammer.

Another grim scene has the camera moving backwards through a forest of dead slaves hanged as punishment for challenging their white masters. Nina Simone's haunting version of Strange Fruit plays on the soundtrack.

After three viewings, the most significant thing about The Birth of a Nation is its depiction of Nat Turner's transformation from a docile slave into a righteous rebel and free man. His conscience was moved by what he learned and he took action to right a wrong. The same might not be said about Parker, but his film is worth seeing regardless.

Fox News under fire for 'racist' segment

Humourist Jesse Watters' piece on **The O'Reilly Factor** is being called racist and demeaning to Asian-Americans. YOUTUBE/SCREENGRAB

WATTERS WORLD

Activists fume over offensive stereotypes in O'Reilly Factor

Watchdog and activist groups are outraged by a Fox News Channel segment in which an interviewer asked people in New York's Chinatown if he was supposed to bow to greet them, if they were selling stolen goods and if they could "take care of North Korea for us."

Several organizations condemned humourist Jesse Watters' piece on The O'Reilly Factor, calling it racist and demeaning to Asian-Americans.

"It's 2016. We should be far beyond tired, racist stereotypes and targeting an ethnic group for humiliation and objectification on the basis of their race," Asian American Journalists Association President Paul Cheung said in a letter to Fox that was posted online. He is also the director of interactive and digital news production for The Associated Press.

Cheung called on Fox to apologize to the Asian-American community and asked for "an explanation for how this type of coverage will be prevented in the future."

Watters asked people on the street about the presidential race, sought a demonstration of karate and showed footage of him getting a pedicure.

At one point in Monday's nearly five-minute segment, an elderly woman's silence in response to a query was paired with a clip from Mel Brooks' Young Frankenstein, in which Madeline Kahn shouts, "Speak, speak, why don't you speak?!"

Gregory A. Cendana, executive director of the Asian Pacific American Labor Alliance, criticized the report.

The coverage, including making "fun" of the Chinese elder, "played into the exoticization and status of perpetual foreigner" of the Asian-American community, Cendana said in a statement.

> **It's 2016. We should be far beyond tired, racist stereotypes.**
> President of AAJA Paul Cheung

After the Watters World report concluded, Bill O'Reilly called it "gentle fun," adding, "we're gonna get letters, inevitably."

On Wednesday, the Asian Americans Advancing Justice affiliation said it was outraged by the "blatant, racist and offensive stereotypes of Chinese Americans."

"It is unconscionable that a news organization would sanction a segment that laughs at a community of people, including Watters ridiculing elderly Chinese Americans who were limited English-proficient," the group said.

U.S. Rep. Ted W. Lieu, D-California, weighed in as well.

"Note to Bill O'Reilly and Fox News: Your recent segment mocking Asian American voters and using every conceivable stereotype was, at best, racist and, at worst, really racist. I am not 'patient' or 'gentle' nor do I 'bow' when I say hello or know 'karate.' So let me gently say this: if you are not racist at heart, then you would apologize. Immediately," Lieu said in a statement.

Asked for a response to critics, Fox directed attention to two Twitter posts Wednesday by Watters.

"As a political humourist, the Chinatown segment was intended to be a light piece, as all Watters World segments are," he wrote.

"My man-on-the-street interviews are meant to be taken as tongue-in-cheek and I regret if anyone found offence," Watters' second tweet said.

THE ASSOCIATED PRESS

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NEW SERIES

Rob Ford saga inspired CBC show

Actors Lyriq Bent and Elyse Levesque, right, star in Shoot The Messenger. Levesque plays a newspaper reporter caught in a web of gangs, murder and politics in Toronto. CONTRIBUTED

A co-creator of the new CBC-TV crime drama Shoot the Messenger insists it's not a story about Rob Ford.

But Sudz Sutherland does admit he was inspired by the saga of the late former Toronto mayor as he helped craft the series, which stars Elyse Levesque as a newspaper reporter caught up in a web of gangs, murder, sex, drugs and politics in Toronto.

"It's not the Rob Ford story but ... we were all inspired by that and I thought that unmasked a lot of what was going on behind the scenes of the city," said Sutherland, who created the show with his wife Jennifer Holness.

"We thought, 'Hmm, that's really interesting,' so we wanted to actually explore these relationships between people who are super rich and political people with political power and people who are business leaders but have these skeletons in their closet."

Debuting Monday, the serialized show follows Levesque's character Daisy as she witnesses and then investigates the murder of a young Somali man.

Lyriq Bent plays the lead homicide detective, who is also Daisy's secret lover.

"A huge influence for me was Claire Danes of Homeland. That was a big inspiration for finding this person," said Levesque, who hails from Regina.

"But other than that I didn't base it on any actual living human being."

Co-stars include Alex Kingston as Daisy's editor, Lucas Bryant as her co-worker, Hannah Anderson as her sister, and Ari Cohen as the attorney general.

Guest stars include Barenaked Ladies lead singer Ed Robertson and former NBA stars Jamaal Magloire and Rick Fox.

"We've got the attorney general and we've got a group of young Somali men, so we took the barest piece of the Rob Ford stuff and that inspired us," said Sutherland.

"Then we also took a young reporter — nothing to do with the Rob Ford story — but we took somebody who actually witnessed a crime. So that was something that was really interesting to us, the fact that Daisy witnessed a crime and what would that be like if a reporter kind of becomes the story?"

"We wanted to bring that to the CBC, that highly serialized, really great, fun, guilty-pleasure-type show, things like Scandal."

THE CANADIAN PRESS

After a decade, Murdoch Mysteries is still growing in popularity. It drew an astonishing 1.4 million viewers per episode last season. CONTRIBUTED

Our enduring love of all things Murdoch

INTERVIEW

Yannick Bisson reflects on a decade of wild success

Steve Gow
For Metro Canada

One of Canada's greatest mysteries is the ongoing success of Murdoch Mysteries.

After all, the longtime CBC series has not only beat the odds by heading into its 10th season (starting October 10th, fittingly), but it's still gaining in popularity nearly a decade after making its television debut.

"It's a little bit surreal," said star Yannick Bisson recently about the series' staggering success.

"It really comes to the forefront when fans bring up some of the earlier episodes and talk about what it means to them. I mean, we spend a few days with each episode, they spend years with them — they know them intimately!"

As thrilled as he is, the actor who plays the turn-of-the-century detective has no clear answers as to why the show strikes such a chord that it drew an astonishing 1.4 million viewers per episode last season.

"With everybody that I talk to, it seems to be something different," explained Bisson. "People have different things that they like about it. And it's never really what you expect."

Combining elements of crime, comedy and historical fiction, Murdoch Mysteries doesn't shy from its Canadian heritage either. Often that means blending cryptic capers and real-life history, with this season set amongst the Great Fire of Toronto — a tragic blaze that levelled almost 20 acres of downtown in 1904.

"When we started our show, there wasn't a single period show on the landscape," said Bisson, who recalls he was hesitant at first to take a role so tied to history.

"There was a definite shift (and) almost overnight, period shows started to blossom everywhere."

Murdoch Mysteries has found itself everywhere, almost. Now broadcast in over 100 countries and territories, the continuing success of the series has also found Bisson bumping into fans all over the globe.

"I came out of a wine cellar in a very, very old restaurant in Rome (and) came face-to-face with one of the waiters and he says, 'Ah! Detectivo Murdoch!'", laughed Bisson of one of his earliest encounters.

"Now, being the number one series on in France and all that — it really is quite something."

BITS FROM BISSON

Embracing Murdoch's roots: "We actually accentuate the Canadiana of the show," said Bisson. "And really, I think it attracts people to our country and attracts people to the culture that we have here that's unique."

Season Ten's stars: "We've done a great job and people are eager to be on our show," said Bisson of the growing list of famous guest roles, which this season includes Downtown Abbey-star Samantha Bond. "It's a testament to the caliber of what we put out that people are willing to cross the pond."

Canada's top talent: "I think entertainment as a whole is getting better, everywhere," said Bisson. "(But) our creative people here in Canada are just flat out the best in the world."

metro TRAVEL
Your essential daily news

Rick Mercer, Allan Hawco among familiar faces in St. John's tourism video

By land, sea and air

The Marina at Campbell River. Every year from late July to the end of October, visitors come out to see hundreds of thousands of salmon swim upstream to lay their eggs. ISTOCK

VANCOUVER ISLAND

No matter how you see it, salmon season awe-inspiring

Loren Christie
For Metro Canada

From late July through to the end of October the rivers on the eastern side of Vancouver Island are teeming with hundreds of thousands of Pacific salmon.

On a recent excursion to the community of Campbell River I hooked up with Destiny River Adventures for an up-close and personal look at this natural phenomenon.

After having us don a wetsuit and snorkel gear, our guide immediately warded off any potential of sober second thoughts by making us jump off a small cliff into the town's chilly namesake river.

Then it was time to literally plunge face first into the water and let the current do the work. Although, the rapids might be considered relatively calm for rafters, as a snorkeller it was exhilarating to fly down the river, undulating over the rocks and having giant salmon darting around you as they battled upstream to lay their eggs.

> **It was exhilarating to fly down the river, undulating over the rocks and having giant salmon darting around you as they battled upstream to lay their eggs.**

In addition to attracting snorkellers and sports fisherman, the annual salmon run provides a buffet for the local bear population. Discovery Marine Safaris offers a full-day Grizzly Bear Tour, which takes eager bear watchers by boat up Bute Inlet to Orford Bay, a small community on British Columbia's mainland and home to the Homalco First Nations people. Within the first two minutes of the land portion of the tour, our guide Janet was stopping on the edge of a river where we silently poured off the bus and watched two bears play on a log and tuck into a salmon lunch. By the end of the day we had seen five grizzlies, two Roosevelt Elk and numerous eagles.

After having seen the area by land and sea, we spent our last day exploring by air. In a six-seater 1954 DeHavilland DHC-6 Beaver floatplane to be exact.

Corilair's historic mail flight brings tourists along as they deliver the post to four small communities on the neighbouring Discovery Islands. It was an incredible way to get a bird's eye peek at life in the area, from the magnificent homes to chatting with the locals in communities like Refuge Cove, population six, with its weather worn wharves and verdant green forest.

After a stop in Surge Narrows, home of one of four floating post offices in Canada, we touched down in Big Bay where we grabbed a bottle of BC Pinot Noir from the supply store and toasted our day on the deck.

If the bears were enjoying the bounty of this province, why shouldn't we?

TRAVEL NOTES VOLCANIC VIDEO, FRENCH ART IN QUEBEC CITY AND PRINCE'S STUDIO OPENS TO PUBLIC

Lava splashes up Hawaii volcano walls in rare video

As the high-definition camera pans across the surface of an active Hawaii volcano's viscous summit lava lake, a large bubble of volcanic gas grows and bursts, dramatically spewing molten rock into the air and sending a massive ripple of lava outward across the crater. Federal officials released high-definition video of the lava lake atop Hawaii's Kilauea volcano on Tuesday, providing a rare close-up glimpse. THE ASSOCIATED PRESS

Still image from Kilauea volcano. USGS VIA THE ASSOCIATED PRESS

Quebec City stages Pierre Bonnard exhibit

The Pierre Lassonde Pavilion, the showpiece addition to the Musee national des beaux-arts du Quebec, is bringing together works by French artist Pierre Bonnard for its first temporary international exhibition. The $103.4-million glass pavilion opened in June on the city's Grande Allee thoroughfare, doubling the museum's exhibition space. Radiant Colour, on view through Jan. 15, presents some 40 paintings by the Post-Impressionist artist.

THE CANADIAN PRESS

Details from Paysage du Midi et deux enfants. HANDOUT

Visitors see Prince's studio, mementos

Prince's handwritten notes still sit out in the control room of Studio A at Paisley Park, where he recorded some of his greatest hits and was working on a jazz album before he died. The room is filled with his keyboards and guitars, and his iconic symbol graces the control panel. Those are some of the highlights visitors to Paisley Park saw when the 65,000-square-foot studio complex opened to the public on Thursday.

THE ASSOCIATED PRESS

Prince's Paisley Park studio.
THE ASSOCIATED PRESS

La vie en rouge et orange

ESSAYS

One writer's love-affair with Paris in autumn

Vivian Song
For Torstar News Service

I've always held a special affinity for Paris in the fall. While Parisians mourn the last days of summer and return begrudgingly to the city after their month-long holidays, I wait patiently for that first fall morning, when the weather turns, definitively announcing the season's arrival.

More than five years ago, I boarded a plane in Toronto and landed in Paris, and I fell under an enchantment which, I believe in hindsight, was produced by the bewitching effects of autumn, when the city takes on a dream-like quality that happens at no other time of the year.

It wasn't supposed to last this long. My original intent was to spend a year in France and return to Toronto recharged after living "la vie en rose." But in the days and weeks after arriving in mid-September, the autumnal skies, the rain-soaked cobblestone streets, and the way the gold-leaf trees cast a soft glow along the Seine seduced me, and I knew I had to stay.

In the same way couples reminisce with fondness about their days as young, broke newlyweds who shared their first meals sitting on the floor, on my five-year anniversary I found myself nostalgic for those early days when I was a starry-eyed tourist, euphorically happy with the simple pleasures of her new Parisian life.

My first introduction to my new neighbourhood upon stepping out of the cab was an olfactory one: layered under the heavy coolness of the crisp, autumn air was the maddening perfume of melting butter wafting from the crêperies lining my street — a smell I still associate with fall

When I arrived in Paris, I was jobless and poor. Money was tight and my only little luxuries were the edible kind. On a good week, I would head to the market and pick up a roast chicken leg, roasted potatoes, and a basket of figs.

A steaming cup of hot-chocolate is one of the great pleasures of Paris in the fall.

Just as boxes of clementines signal the start of winter in Canada, every year I look forward to the start of fall for fig season, an elegant fruit that's expensive and uncommon back home, but affordable and accessible in France.

I always bookmark the second weekend of October for one of my favourite Parisian festivals, the Fete des Vendanges, a food and wine-fuelled event in Montmartre where I tasted my first escargot thanks to a kindly stranger who insisted I sample one from his own plate.

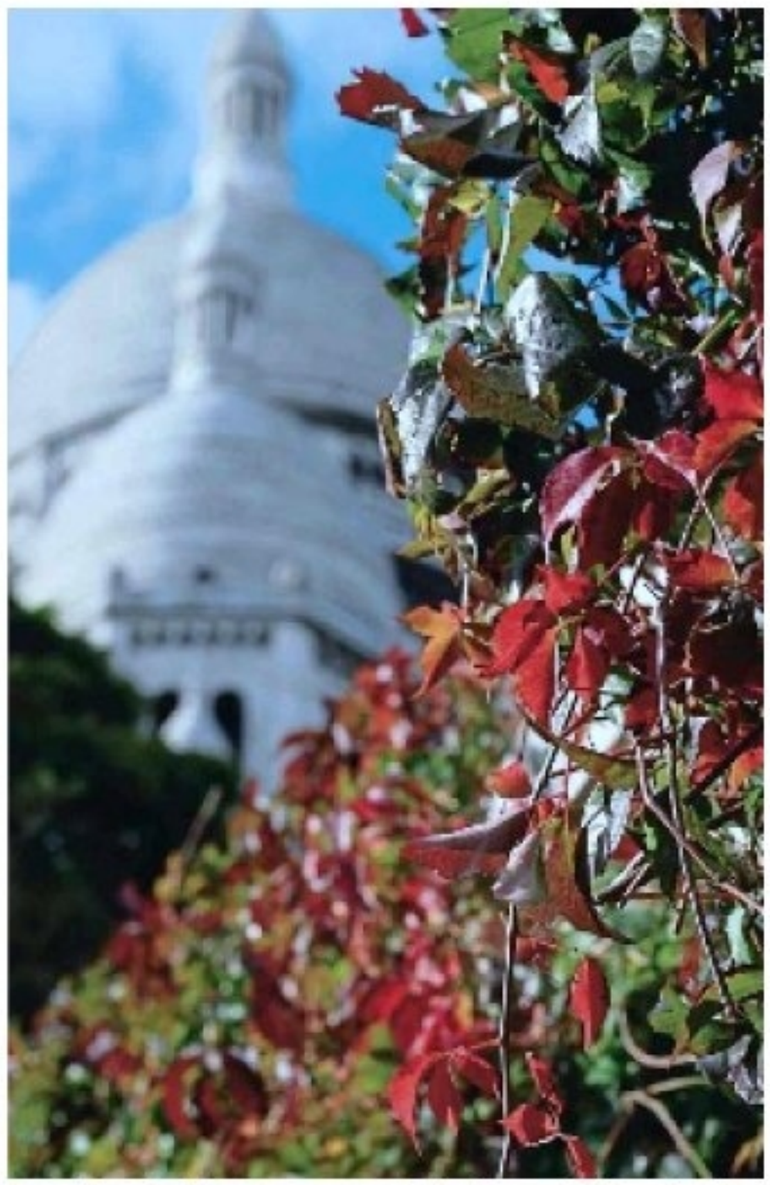
I reserve every free Sunday for strolling the Jardin du Luxembourg or the Jardin du Palais Royale and seek out the leafiest paths for the satisfaction of hearing and feeling the crunch of dead leaves beneath my feet.

Invariably, I catch myself marvelling at the distinctively Parisian way the leaves have browned at the edges or faded yellow, turning the city into the colour palate of the '70s.

In the summer, Paris becomes an artificial version of itself: the locals can't leave town fast enough, leaving stampedes of tourists to take over the city. I have yet to be reconciled with the cold, damp sunless Parisian winters. And while Parisian springs can be heart-stoppingly beautiful, I dread its arrival for the prosaic reality that it sends my allergies into overdrive.

Come fall, however, the gardens are more spacious as the tourist crowds have thinned. The locals have also returned. It's a homecoming I welcome; the absence of Parisians over the summer casts an artificial, unauthentic calm over the city.

Their return, and the sepia light of fall, draw out the real Paris: the brooding, beautiful, moody, poetic, melancholic and soul-stirring version.



For a shot of colour, Montmartre is the best neighbourhood for leaf peeping. ALL PHOTOS VIVIAN SONG/FOR TORSTAR NEWS SERVICE

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History, churches and stunning beaches

MALTA

Tiny nation of island's Europe's best-kept secret

History, heat and fantastic beaches best describe a vacation in Malta, a sun-soaked archipelago in the Mediterranean Sea that's a popular destination for many Europeans.

Malta actually consists of three inhabited islands — Malta, Comino and Gozo — which are situated south of Italy and north of the African country Libya in the Mediterranean Sea.

The country's location has historically given it great strategic importance as a naval base, and a succession of powers, including the Turks, Knights of St. John, French and British, have ruled. The southern European island nation is now part of the European Union.

Military forts, inland and on the coasts, dot the islands and offer a fascinating insight into the country's history. The walled city of Mdina and St. Elmo's Fort in Valletta, where the island was defended against invaders, are worth a visit.

Churches are must-see attractions. The Mosta Dome, also known as the Church of the Assumption of Our Lady in Mosta, has a spectacular high-domed ceiling that was bombed in the Second World War but miraculously remained intact.

GETTING THERE

There are no direct flights from Canada to Malta; you have to fly to a city in Europe and then get a connecting flight.

The St. John's Co-Cathedral in Valletta, the country's capital, is home to the Knights (Grand Masters) of Malta. It contains many important works of art sanctioned by the Knights, including the painting The Beheading of St. John the Baptist by the Italian painter Caravaggio.

With summer temperatures consistently in the '30s with no rain, beaches are popular destinations for tourists and locals alike.

The stunning Blue Lagoon on Comino is a must-do when you are on the island. Boat tours make regular runs to Comino, but if you go you'll want to make a day trip out of it. Likewise the Azure Window on Gozo, a natural limestone arch, offers fantastic swimming on the rock beach below it.

One beach off the beaten track is St. Peter's Pool near Marsaxlokk on Malta.

It's a natural pool in a sheltered cove where jumping off four-metre cliffs into crystal-clear waters is easier than negotiating the rough, one-lane road to get to the attraction.

Marsaxlokk's daily fish market offers many delicacies caught the same day by local fishermen in their "luzzus," small, brightly painted fishing boats.

The narrow, hilly streets of Valletta have many shops and cafes popular with tourists, with regular bus and ferry service feeding the country's capital.

From the boardwalks of Sliema, which are lined with restaurants and cafes, it's an easy stroll to the beach for a quick dip in the sea.

Getting around the islands can be a challenge, although there is a reliable bus and ferry system.

It is best to rent a couple of cars and drivers with experience at using the left-hand drive system and the abundant roundabouts where choosing the correct turn can often a challenge.

THE ASSOCIATED PRESS

Blue hole at Azure Window in Gozo Malta offers fantastic swimming. ISTOCK

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January 14 • 1 wk
Kids stay & eat FREE[2]
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Tourists taken in by tall octopus tale

STATEN ISLAND

Hoax includes memorial, website and fake articles

Ever hear about the gargantuan octopus that dragged a New York City ferry and its 400 passengers to the river bottom nearly 53 years ago?

A cast bronze monument dedicated to the victims of the steam ferry Cornelius G. Kolff recently appeared in Battery Park at the southern tip of Manhattan, erected a stone's throw from a handful of other sombre memorials to soldiers, sailors and mariners lost at sea or on the battlefield.

But if you can't recall the disaster it could be because the artist behind the memorial, Joseph Reginella, made the whole thing up.

The 250-pound monument, which depicts a Staten Island ferry being dragged down by giant octopus tentacles, is part of a multi-layered hoax that also includes a sophisticated website, a documentary, fabricated newspaper articles and glossy fliers directing tourists to a phantom Staten Island Ferry Disaster Memorial Museum across the harbour.

The cast bronze faux monument by artist Joseph Reginella, dedicated to the memory of the victims of the steam ferry Cornelius G. Kolff. ULA ILNYTZKY/THE ASSOCIATED PRESS

It took Reginella six months to put it together.

He said the idea for the project came to him while he was taking his 11-year-old nephew from Florida on the ferry between Manhattan and Staten Island.

"He was asking me all kinds of crazy questions like if the waters were shark-infested," he said. "I said 'No, but you know what did happen in the '60s? One of these boats got pulled down by a giant octopus."

"The story just rolled off the top of my head" and the idea for a mock memorial was born.

It evolved to become "a multimedia art project and social experience — not maliciously — about how gullible people are," said Reginella, who creates artworks for store windows and amusement parks.

The monument never stays in one spot for more than two days "because the city will come and take it away," he said, adding that it takes two people to break it down.

"It's definitely an experience when you see people who don't know about it. They get this strange look on their face, they stare out at the water and walk away," he said. "I sit close by with a fishing pole and fish. I eavesdrop on the conversations."

Sometimes, he said, when he overhears people saying, "How come nobody has ever heard of this?" he'll interject, offering that the disaster happened on Nov. 22, 1963, a day that the news was dominated by the assassination of President John F. Kennedy.

"It creates a plausibility for them, and they shake their head 'Maybe.'"

Puzzled tourists looking for the memorial museum on Staten Island and its supposed collection of wreckage with "strange suction-cup-shaped marks" sometimes wonder into the Snug Harbor Cultural Center asking for directions.

The staff at the nearby Staten Island Museum admits it too was puzzled at first.

"We kind of scratched our heads and said we don't know where it is and started looking further into it, and realized it was a hoax," said spokeswoman Rachel Somma.

"Most people have the feeling that it's not a reality. It's a treasure hunt for them. It's fun. That's what we love about it. ... It's great that it gets people out here," she added.

THE ASSOCIATED PRESS

THE TRUTH

One thing about the preposterous story is real. There really was a Cornelius G. Kolff ferry.

Stranger than fiction

It ferried passengers for 36 years before becoming a stationary floating dorm for Rikers Island inmates. It was sold for scrap in 2003.

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metro SPORTS

LeBron James, who grew up a New York Yankees fan, is getting behind the Cleveland Indians, sending the team positive messages on social media

Dzingel makes cut

SENATORS

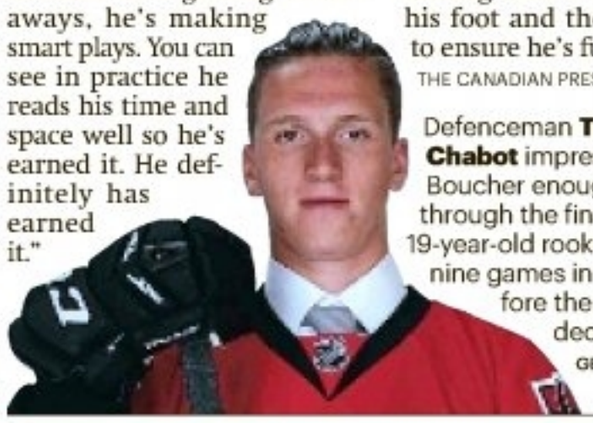
24-year-old to play alongside Brassard, Ryan in final tune-up

The Ottawa Senators will play their final pre-season game Friday against Buffalo with what could be their opening-night roster. That group will include forward Ryan Dzingel, a pleasant surprise in camp who caught the eye of new head coach Guy Boucher.

Considered one of the bubble players fighting for a forward position, the 24-year-old Dzingel made an impression on his new boss.

"Since Day 1 he's given us everything we're asking for," Boucher said. "I was really impressed. Since the beginning of the camp he's definitely been somebody who's been consistent offensively and defensively.

"Offensively he's surprising because he's getting breakaways, he's making smart plays. You can see in practice he reads his time and space well so he's earned it. He definitely has earned it."



Dzingel will be given the opportunity to play on the left side of Derrick Brassard and Bobby Ryan against the Sabres.

The Senators have reduced their roster to 25 players and are looking forward to seeing how their trimmed-down team performs.

"We've never had our whole team together," said Boucher. "It's urgent for us to have our team, with our players to get time together to play our style … it's the one thing that bothers me is how little time we have to put everything in place in comparison to teams that have the same coach and the same system as last year."

While there still could be some changes before Wednesday's season opener, Friday's game will give Boucher a good idea of what he's working with.

Ideally the Senators would like to have Mark Stone and Zack Smith in the lineup. Stone, who is recovering from a concussion, will need to pass his baseline test, while Smith was dealing with a deep bruise to his foot and the team wants to ensure he's fully recovered.

THE CANADIAN PRESS

Defenceman **Thomas Chabot** impressed Guy Boucher enough to make it through the final cuts. The 19-year-old rookie can play nine games in the NHL before the team makes a decision on him.

GETTY IMAGES

MLB PLAYOFFS BLUE JAYS DELIVER THE OPENING BLOW The Blue Jays' Jose Bautista connects for a three-run home run against the Rangers during Game 1 of their American League Division Series in Arlington, Texas, on Thursday. Bautista finished with four runs batted in, Troy Tulowitzki hit a three-run triple and Marco Estrada allowed just one run over 8-1/3 innings as the Jays won 10-1. Game 2 is Friday at 1 p.m. ET. RONALD MARTINEZ/GETTY IMAGES

IN BRIEF

Gaborik lands on injured reserve with a broken foot

The Los Angeles Kings placed right-winger Marian Gaborik on injured reserve with a broken right foot Thursday.

Gaborik was struck by teammate Mats Zuccarello's shot while they were playing for Team Europe at the World Cup of Hockey last month.

Gaborik is expected to be sidelined for at least eight weeks.

THE ASSOCIATED PRESS

Murphy expected to play for Nats in Game 1 of NLDS

Dusty Baker expects injured second baseman Daniel Murphy to play for the Nationals in Game 1 of the NL Division Series against the Los Angeles Dodgers, but Washington's manager still won't announce his Game 2 starter.

After Thursday's workout, Baker explained Murphy "says he's ready, so therefore we think he's ready."

THE ASSOCIATED PRESS

Kremlin backs probe of televised children's fights

The Kremlin has called for an investigation after state TV broadcast mixed martial arts fights between children as young as eight years old.

Ramzan Kadyrov, the strongman leader of the Russian region of Chechnya, entered three of his young sons into so-called exhibition bouts during a televised fight card Tuesday.

THE ASSOCIATED PRESS

Italy and Spain play to draw

Former world champions Italy and Spain played to 1-1 on Thursday, giving a chance for unheralded Albania to take the lead in their Europe qualifying group.

Albania moved to the top of Group G after winning in Lichtenstein 2-0.

Elsewhere, Croatia beat up Kosovo 6-0, while Wales conceded the lead twice away in Austria in a 2-2 draw.

THE ASSOCIATED PRESS

ATHLETICS

Olympian learns from casual cocaine kiss

The 16-page report on Shawn Barber's positive cocaine test reads in parts like an erotic short story.

Sex, drugs and a hotel rendezvous, with Canada's world champion pole vaulter playing the starring role just weeks before his Olympic debut.

But hours after the Sport Dispute Resolution Centre of Canada released its report on the bizarre — and salacious — chain of events that led up to his doping violation, Barber chalked it up to a "learning experience."

"There's no reason to cry over spilt milk, and you can't do anything about it, so might as well just smile and learn to love it," Barber said on a conference call Thursday.

The 22-year-old from Toronto tested positive for trace amounts of the recreational drug prior to the Rio Olympics, but he was still allowed to compete in Brazil after it was ruled he inadvertently ingested the banned substance. Barber claimed he ingested the cocaine July 8, on the eve of winning the Canadian title in Edmonton, by kissing a woman he'd met through the "casual encounter" section of Craigslist. His intent for the sexual rendezvous, he said, was a way to relieve stress.

> **There's no reason to cry over spilled milk.**
> Pole vaulter Shawn Barber

He'd posted for a "professional person," and specified he wanted someone who was drug and disease-free.

The Sport Dispute Resolution Centre of Canada rendered its decision on Aug. 11, four days before Barber vaulted to a 10th-place finish in Rio. THE CANADIAN PRESS

Lions' Craig Roh brings down the Ottawa Redblacks' Mossis Madu Jr., during last Saturday's loss in Vancouver for Ottawa.
DARRYL DYCK/THE CANADIAN PRESS

Redblacks seek balance vs. Riders

CFL

East leaders Ottawa strong in attack, need to work on D

The Ottawa Redblacks had a perfect record and were cruising in the CFL East when they met the winless Saskatchewan Roughriders in Week 5 of the season.

An upset loss in Regina sent the Redblacks plummeting back down to earth. They have gone 3-5 since that defeat and are clinging to top spot in the East by just one point over Hamilton.

Coming into the home stretch of the season, the Redblacks (6-6-1) can ill afford any more hiccups when they host the Roughriders in a rematch Friday night. Saskatchewan (3-10-0) has had its fair share of struggles this season, but will be well rested coming off a bye week and has won its last two games.

> **They can play with anybody in this league and we think we can too so we have to make sure we're guns blazing Friday at 7.**
> Redblacks coach Rick Campbell

"For us to beat anybody in this league we have to put our best foot forward," said Redblacks coach Rick Campbell. "Obviously they've been playing better and won their last couple games. They can play with anybody in this league and we think we can too so we have to make sure we're guns blazing Friday at 7."

The Redblacks will be hoping to build off the positives they found in a 40-33 road loss to the B.C. Lions last week. Quarterback Trevor Harris was solid going 32-for-45 for 485 yards and two touchdowns, though he threw a late interception which ultimately cost Ottawa the game as it was returned for a touchdown.

In addition, the Redblacks are closing in on having their top four receivers, Chris Williams, Ernest Jackson, Greg Ellingson and Brad Sinopoli, surpass the 1,000 mark for the second straight season.

Williams leads the team with 1,206 yards, while Ellingson is closing in on the mark at 948, Jackson has compiled 872 yards and Sinopoli has 846.

Offensively the Redblacks are getting things done. The same can't be said defensively.

Ottawa has given up 29 or more points six times this season, ranking them fifth overall in the nine-team league. They're sixth in sacks (30), seventh in interceptions (8), eighth in pass knockdowns (34) and dead last in forced fumbles (7).

Last week was a perfect example of the Redblacks season as a whole. The offence was able to produce, but defence fell short at crucial times.

"It's definitely time for us to be playing our best ball and that's the game plan for this week," said defensive lineman Moton Hopkins. THE CANADIAN PRESS

RECIPE Roasted Veggie Pizza

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Pizza is a Friday night staple but give your pie an update with the addition of sweetly roasted vegetables, fragrant herbs and gooey Fontina cheese.

Ready in 35 minutes
Prep time: 15 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 3 mini potatoes
- 1 small beet
- 1/2 yellow zucchini
- 1/3 red onion
- 1 carrot
- 1 or 2 stalks of fresh rosemary
- 2 Tbsp olive oil
- salt and pepper
- flat bread or prepared pizza crust
- 1 1/2 cups grated Fontina cheese

Directions
1. Preheat oven to 400 degrees.
2. Slice all your vegetables very thinly, particularly the potatoes so that they'll all cook through at the same pace. Place them on a baking sheet. Drizzle with oil, season with rosemary leaves and salt and pepper. Give everything a toss and then spread them out evenly on the sheet.
3. Bake for about 15 minutes, until vegetables are tender. Remove from the oven.
4. Place your flat bread or pizza crust on another baking sheet. Arrange the cooked vegetables, including the rosemary, on top. Sprinkle the cheese evenly across. Pop the whole thing back in the oven for 7 or 8 minutes, until the cheese is melted and beginning to brown.

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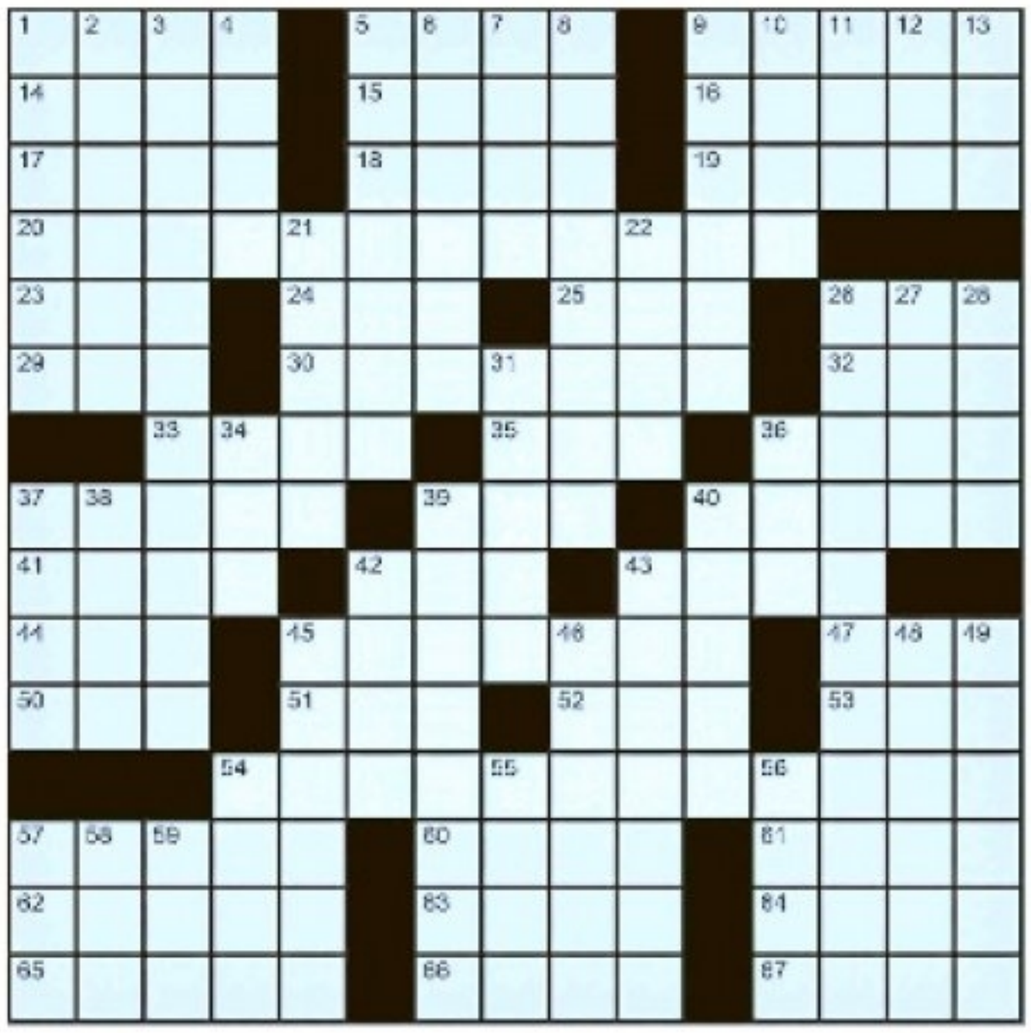
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Island nation near Florida
5. Musician/radio personality John
9. Packs away
14. "Come __!" (Welcome!)
15. "To Live and Die __ _'_" (1985)
16. Leg bone
17. Hybrid citrus
18. Gramp's wife
19. Bakery embellishment
20. British actress who portrays late Nova Scotia folk artist Maud Lewis in "Maudie" (2016): 2 wds.
23. Vine variety
24. Conference room happening, briefly
25. Shakespeare's wee country
26. Impair
29. Catch
30. Distinctly
32. Nero's deuce-ace
33. "If __ be so bold as to..."
35. Grassy field
36. Fiend
37. Fermented soybean pastes
39. Nord's opposite
40. __ acetate (Type of solvent)
41. Honorific in Turkey
42. Entirely
43. Ship's mooring post
44. Jersey's call
45. Totally run-down
47. Winnipeg airport code
50. Dadaist Jean
51. __., Sept., Oct....
52. Bio info
53. Hideaway
54. Northwest __ (String of airstrips through Edmonton, Alberta to Fairbanks, Alaska used during WWII to ferry thousands of Lend-Lease planes from the United States to the Soviet Union)
57. Voyageur's transport
60. Peruvian empire
61. Gladiator's 1901
62. Whac-_-_ (Arcade game)
63. Goblet part
64. Some old theatres
65. Haida mythology character
66. Stockings
67. Web connectors, briefly

DOWN
1. Melissa McCarthy, to Jenny McCarthy
2. __ Bay (Body of water between Baffin Island in Nunavut and the northern Quebec region of Nunavik)
3. Toronto Island Airport named after this WWI flying ace: 2 wds.
4. Indigo
5. Way to seal a container to prevent leakage
6. Madden
7. Cabbage dish
8. Longed
9. Cheap
10. Partners for Tacs (Mint candies)
11. Sash sort
12. Succeed
13. Droop
21. Famous gyms
22. Internal
26. Hockey flick franchise, with The, on Vancouver-born actor Joshua Jackson's resume: 2 wds.
27. Ethereal
28. Louis of Manitoba's history
31. Gene Vincent's "Be-Bop-_-_"
34. Extinct bird
36. Baseball's Mel
37. Mother, sometimes
38. Mr. Stravinsky
39. Torpid
40. Duck type
42. __ blue
43. Sports... Highly anticipated team event: 2 wds.
45. Lustrous sheets fabric
46. Singer/actor Mr. Bass'
48. Being-cleaned hallway bucket item: 2 wds.
49. Metamorphic rock variety
54. Exclusive
55. Keen on
56. Actor Mr. Katz
57. Automobile
58. US docs' org.
59. It continues

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Remember to get more sleep and more rest at this time, because you need it. Discussions with partners and close friends are important.

Taurus April 21 - May 21
You might be focused on health issues right now. Fortunately, the next 12 months are a good time for you to restore your health or do something to improve it.

Gemini May 22 - June 21
Take time off for fun and pleasure if possible. A vacation in the next week would be perfect for you. Enjoy sports, playful activities with children and romantic getaways.

Cancer June 22 - July 23
This continues to be a strong time for home and family issues. Your interaction with a parent or senior family member might be important. .

Leo July 24 - Aug. 23
Try to be as clear as possible in all your communications with others. This is a strong time for those of you who write, sell, market, teach and act.

Virgo Aug. 24 - Sept. 23
Trust your money-making ideas during the next week. In fact, you also are giving a lot of thought to your values in life. What really matters?

Libra Sept. 24 - Oct. 23
This is a fortunate time for you while the Sun is in your sign, because people and favorable situations are attracted to you. Make the most of this!

Scorpio Oct. 24 - Nov. 22
This week is a good time to buy wardrobe goodies for yourself because you like what you see in the mirror. You also want to socialize more, even though you are working behind the scenes.

Sagittarius Nov. 23 - Dec. 21
Talk to a friend about your future plans because he or she might have helpful suggestions for you. In fact, all your interactions with others will benefit you now.

Capricorn Dec. 22 - Jan. 20
TBecause you look so good in the eyes of bosses, parents and VIPs, don't hesitate to ask for what you want. Make your pitch. This is your hour!

Aquarius Jan. 21 - Feb. 19
Travel will be a rewarding experience for you now, because you want to learn something and expand your experience of life. Take a course or further training, if possible.

Pisces
Feb. 20 - March 20
Your interactions with others, especially with friends and groups, will be active now, perhaps physically. You will do well in competition with physical sports!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1			2				8	
	2	3		8				6
	5	6	9					
9		2	7					
	7						1	
					4	2		9
					5	1	4	
5				1		7	6	
	4				6			5

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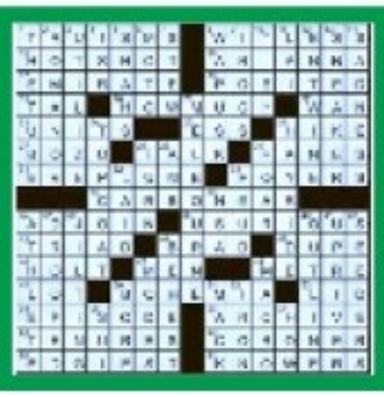
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



4	9	5	2	1	8	3	7	6
3	1	6	7	9	4	8	5	2
2	8	7	6	5	3	9	1	4
9	4	2	1	6	7	5	3	8
8	7	1	3	4	5	2	6	9
5	6	3	9	8	2	1	4	7
6	2	9	4	3	1	7	8	5
1	5	4	8	7	9	6	2	3
7	3	8	5	2	6	4	9	1

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